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✓✓ CONVERSION FACTORS, WEIGHTS, AND MEASURES OF
AGRICULTURAL COMMODITIES AND THEIR PRODUCTS

✓
FOOD DISTRIBUTION ADMINISTRATION
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UNITED STATES DEPARTMENT OF AGRICULTURE

Food Distribution Administration

Washington, D.C.

July 12, 1943

Please make the following revisions in the booklet "Conversion Factors, Weights, and Measures of Agricultural Commodities and Their Products" sent you recently.

- Page 12. Dressed and edible weights of fresh, frozen, and cured fish as percent of wholesale weights. Change whole-sale weight specification of fresh shellfish to "reported weight", and in Column 2 add footnote "a/" to fresh fish.
- Page 18. Soya flour content and conversion factors for soya products. Change title of Column 2 to "Bushels of soybeans per pound of commodity".
- Page 23. Conversion factors for canned vegetables. For tomato juice, change Column 1 to 1.48, Column 4 to .675 and Column 6 to 27.0.
- Page 24. Case weights of canned vegetables. For tomato juice, change Column 2 to 27.0, and for white potatoes, change Column 3 to 30.0.
- Pages 32-33. Case weights of canned fruits. For apples, standard, change Column 2 to 36.0, and for jams and preserves, standard, change Column 4 to 53.0.
- Page 34. Weight of can sizes canned fruit juices. For grapefruit, change Column 3 to 38.97 and for oranges, change Column 1 to 29.18, Column 2 to 42.3, and Column 3 to 38.97.
- Page 48. Sugar content and conversion factors for sugar and products containing sugar. For sweetened condensed milk, change Column 1 to 48/14 oz. cans.

K. Jacobson

Chief

Economics, Statistics and Control Division

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Note: A revised edition of this pamphlet will be issued about October 15. Any revisions which should be made in the data should be brought to the attention of the Economics and Statistics Division, Requirements and Allocations Control, as soon as possible so that they may be incorporated into the revised edition.

Conversion factors for dairy products
(Per pound basis)

1

Commodity	Skim milk equivalent of specified product	Whole milk equivalent of specified product
	1	2
	<u>Pounds</u>	
Fresh milk	-	1
Fresh cream (20 percent)	-	5
Butter	-	21
Cheese, American	-	10
Cheese, other	-	10
Condensed milk	-	2.2
Evaporated milk	-	2.2
Ice cream	-	3.2
Malted milk	-	2.6
Dried whole milk	-	8.0
Dried skim, spray	11	-
Dried skim, roller	11	-
Dried buttermilk	11	-
Cottage cheese	6.25	-
Condensed skim	3	-
Buttermilk, skim milk, and chocolate milk	1	-

Conversion factors for dairy products
(Per unit basis)

Commodity	Unit	Pounds per unit
	1	2
Milk	Gallon	8.6
Milk	Quart	2.15
Cream:		
20 percent	Gallon	8.51
30 percent	Gallon	8.43
40 percent	Gallon	8.37
Ice cream	Gallon	4.7
Skim milk	Gallon	8.65
Buttermilk	Gallon	8.65
Chocolate drink	Gallon	9.0
Evaporated milk	Case 48/14 $\frac{1}{2}$ -oz. cans	43.5
Condensed milk	Case 48/14-oz. cans	42.0

Dairy products contained in Army rations
(Pounds per 1,000 rations)

Commodity	K	C	D	Mountain	Jungle	5-in-1	Desert	Bail-out
	1	2	3	4	5	6	7	8
Fresh milk	17.08	-	-	-	-	-	14.95	-
Butter	-	.42	-	132.97	.32	57.91	-	-
Cheese	481.25	-	-	138.88	109.38	13.68	-	-
Evaporated milk	-	-	-	-	-	175.0	-	-
Dry whole milk	-	-	-	70.31	250.0	-	-	-
Malted milk	11.24	-	-	-	-	-	11.24	22.47
Dry skim milk, roller	102.24	50.49	119.23	67.65	32.38	53.62	147.44	39.74

Conversion factors for U.S. exports of meat a/

Schedule B Code No. a/	Commodity	Description	Dressed carcass from retail weight			
			Beef	Veal	Lamb and mutton	Pork
			1	2	3	4
0020.00	Beef and veal:		.90	.10		-
0021.00	Fresh or frozen		1.27	.14		-
0022.00	Pickled or cured		-	-		-
	Horsemeat					
0027.00	Pork:					
	Fresh or frozen	Pickled or salted reported in 0032.00 and canned in 0037.00	-	-	-	1.00
0028.00	Hams and shoulders, cured	Includes cooked	-	-	-	.93
0029.00	Bacon	Includes all cured or pickled sides, n.e.s., and backs	-	-	-	1.18
0030.00	Cumberland and Wiltshire sides	Cumberland shoulder and side, ham off; Wiltshire, side with ham and shoulder	-	-	-	1.00
0032.00	Other pork, pickled or salted		-	-	-	1.00
0034.00	Mutton and lamb	Canned reported in 0039.09	-	-	1.00	-
0035.00	Sausage, bologna and frankfurters, not canned	Canned reported in 0038.00	.52	-	-	.71
0036.00	Beef canned:					
0036.15	Canned beef	All kinds	2.17	-	-	-
	Corned beef, beef hash and hamburger steak in tins or glass					
0036.18	Roast and boiled beef		2.17	-	-	-
0036.90	Other canned beef	Includes beef and ox tongues	2.17	-	-	-
			Omit	Omit	Omit	Omit
0037.00	Canned pork		-	-	-	1.35
0038.00	Sausage, bologna and frankfurters, canned	Includes luncheon meat	.39	-	-	.87

Conversion factors for U.S. exports of meat a/ - continued

Schedule B Code No. <u>a/</u>	Commodity	Description	Dressed carcass from retail weight			
			Beef	Veal	Lamb and mutton	Pork
0039.09	Other canned meat		1	2	3	4
0041.00	Kidneys and livers, fresh, frozen or cured		.67	-	-	.67
0043.00	Tongues, fresh, frozen, pickled, or cured		Omit	Omit	Omit	Omit
0044.00	Sausage ingredients, salted or otherwise cured	Includes ears, cheeks, jowls, heads, snouts, feet, knuckles, tripe trimmings, testes, cut- tings and tails. Pigs feet for other purposes, pickled or salted, reported in 0032.00, canned in 0037.00, and fresh in 0027.00	Omit	Omit	Omit	Omit
0045.00	Other meats, n.e.s.	Includes smoked poultry	Omit	Omit	Omit	Omit
0046.00	Sausage casings; bladders, bungs, middles, rounds or weasands:					
0047.00	Hog		Omit	Omit	Omit	Omit
0049.00	Beef		Omit	Omit	Omit	Omit
	Other	Includes synthetic casings, cellulose	Omit	Omit	Omit	Omit
0094.00	Meat extracts and bouillon cubes		Omit	Omit	Omit	Omit
0095.00	Gelatin, edible		Omit	Omit	Omit	Omit

a/ U.S. Department of Commerce, Classification, Schedule B, January 1, 1943.

Conversion factors for retail weights of meats

Commodity	Retail weight not boned from dressed carcass	Retail weight boneless from dressed carcass
	1	2
Beef	.787	.708
Veal	.913	.758
Lamb and Mutton	.894	.679
Pork, excluding lard	.951	.813
Lean meat	.665	.528
Bacon and salt sides	.285	.285

Conversion factors for live weight of meats a/
(Federally inspected slaughter)

Commodity	Live weight in pounds		Dressed carcass from live weight	
	Average 1938-42	Average 1943	Average 1938-42	Average 1943
	1	2	3	4
Beef cattle	944	918	.54	.55
Veal calves	195	209	.56	.57
Sheep and lambs	87	87	.47	.47
Hogs	237	252	<u>b/</u> .57	<u>c/</u> .58

a/ "Livestock, Meats, and Wool Statistics". For current estimates consult
Division of Statistical and Historical Research, BAE.

b/ Excluding fats normally rendered into lard. Average lard yield is 13 percent.

c/ Excluding fats normally rendered into lard. Average lard yield is 12 percent.

Meat contained in Army rations
(Pounds dressed weight per 1,000 rations)

Commodity	K	C	D	Mountain	Jungle	Desert	5 in 1	Bail-out
	1	2	3	4	5	6	7	8
Beef	-	581	-	137	-	-	759	-
Veal	244	-	-	-	-	214	-	-
Pork	975	90	-	433	206	401	432	-

Commodity	Dressed carcass from retail weight <u>b/</u>
Fresh (chilled) or frozen:	
Dressed carcass, not boned	1.00
Boneless beef	1.41
Beef trimmings	1.41
Manufacturing beef - From whole carcasses	1.41
Manufacturing beef - Trimmings	1.41
Boneless beef chucks	1.41
Spencer rolls	1.00
Bungs, kidneys, hearts, livers, brains, tripe, honeycomb, offals, and casings	Omit
Suet	Omit
Ox tails	Omit
Cured and smoked:	
Cured, not boned95
Cured, boned	1.34
Corned beef	2.17
Chipped beef	2.17
Dried beef (sliced or unsliced)	2.20
Barreled family beef95
Barreled India mess beef95
Barreled pickled Cuban beef	1.34
Thuringer sausage (soft cervelat type) <u>c/</u>	1.18
Salami <u>c/</u>63
Bologna <u>c/</u>78
Frankfurters <u>c/</u>78
Luncheon meat <u>c/</u>39
Sausage (including pork, bologna, and frankfurters) <u>c/</u>52
Canned:	
Fresh roast beef	2.17
Dried beef (sliced or unsliced)	2.20
Beef, parboiled and stem roasted	2.01
Corned beef	2.17
Corned beef hash	1.09
Chile con carne (plain)	1.21
Chile con carne (with beans)81
Beef tongue	Omit
Vienna sausage <u>c/</u>56
Frankfurters <u>c/</u>78
Bologna <u>c/</u>78
Sausage (including pork, bologna, frankfurters, and luncheon meat) <u>c/</u>39

Conversion factors for beef a/ - continued

Commodity	Dressed carcass from retail weight <u>b/</u>
Canned - continued:	
Commercial potted meat <u>c/</u>	.56
Ready meals (see meat food product, RR)	
Meat and vegetable stew	.58
Meat and vegetable hash <u>c/</u>	.60
Meat food products:	
OO	1.21
XX	.40
RR <u>c/</u>	1.00
Army field ration C:	
Unit M-1 - Meat and beans <u>c/</u>	.60
Unit M-2 - Meat and vegetable hash <u>c/</u>	.60
Unit M-3 - Meat and vegetable stew <u>c/</u>	.75
Army rations (see Army field ration C, unit M-3)	
Dried and dehydrated:	
Dehydrated beef	5.00
Dry sausage:	
Holsteiner	1.46
Farmer style	1.46
Salami <u>c/</u>	1.05
Mortadella <u>c/</u>	1.41
Dry cervelat type <u>c/</u>	.53
Sommer sausage <u>c/</u>	<u>d/</u> 1.39

a/ Federal specifications, U.S. Army Quartermaster Corps tentative specifications, FDA Meat Order of March 5, 1943, and FDA Meat Products Purchase Specification FSC-10.

b/ Dressed carcass - a carcass dressed in accordance with normal trade custom, i.e., with kidney knob in.

c/ Contains pork also.

d/ Average of dry sausages.

Conversion factors for veal a/

Commodity	Dressed carcass from retail weight <u>b/</u>
Fresh (chilled) or frozen:	
Dressed carcass, not boned	1.00
Boneless veal - Manufacturing purposes	1.41
Calf hearts	Omit
Veal kidneys or brains	Omit
Cured and smoked	-
Canned	-

a/ Federal specifications, U.S. Army Quartermaster Corps tentative specifications, FDA Meat Order of March 5, 1943, and FDA Meat Products Purchase Specification FSC-10.

b/ Dressed carcass - A carcass dressed in accordance with normal trade custom, i.e., with hide off.

Conversion factors for lamb and mutton a/

Commodity	Dressed carcass from retail weight <u>b/</u>
Fresh (chilled) or frozen:	
Dressed carcass:	
Not boned	1.00
Pluck in90
Boneless lamb	1.41
Boneless mutton <u>c/</u>	1.41
Telescoped carcasses:	
Lamb, shanks off	1.03
Sheep, shanks off, kidney out	1.05
Lamb livers	Omit
Lamb and sheep hearts	Omit
Lamb and sheep brains	Omit
Mutton kidneys	Omit
Sheep casings	Omit
Cured and smoked	-
Canned	-

a/ Federal specifications, U.S. Army Quartermaster Corps tentative specifications, FDA Meat Order of March 5, 1943, and FDA Meat Products Purchase Specification FSC-10.

b/ Dressed carcass - A carcass dressed in accordance with normal trade custom, i.e., with pluck out.

c/ Cuts from which 50 percent or more of bone by weight is removed is considered boned.

Conversion factors for pork a/

Commodity	Dressed carcass from retail weight <u>b/</u>	
	Not boned	Boned <u>c/</u>
Fresh (chilled) or frozen:		
Without cutting fats <u>d/</u> :		
Dressed carcass	1.00	1.10
Packer hog side	1.00	-
Cuts:		
Fresh (chilled)	1.00	1.15
Wiltshire sides	1.00	-
Regular pork loins	1.00	1.33
Pork loins (semi-boneless)	-	1.33
Short rib backs	1.00	-
Regular hams	1.00	-
Skinned hams	1.00	1.33
Regular picnics	1.00	1.45
Pork shoulders	1.00	-
Skinless shoulders	1.00	1.33
Boston butts	1.00	-
Pork butts	1.00	-
Pork brisket	1.00	-
Pork bellies	1.00	-
Fatbacks	1.00	-
Clear plates	1.00	-
Jowl butts	1.00	-
Spare ribs	1.00	-
Pork sausage, fresh	1.00	-
Regular pork trimmings	1.00	-
Manufacturing pork	1.00	-
Pork heads, snouts, livers, ears, tails, kidneys, feet, hearts, brains, casings and offals		Omit
Cured and smoked:		
Cured:		
Not boned	1.00	
Boned	1.10	
Wiltshire sides	1.00	
Pork neck bones	1.00	
Short ribs	1.00	
Loin ribs	1.00	
Hams93	
Picnics93	
Shoulders93	
Pickled:		
Pork98	
Regular hams98	
Skinned hams98	
Shankless hams98	
Regular picnics98	

Conversion factors for pork a/ - continued

Commodity	Dressed carcass from retail weight <u>b/</u>
Cured and smoked - continued:	
Salted:	
Short rib backs	1.02
Shoulders	1.02
Bellies	1.02
Fatbacks	1.02
Jowl butts	1.02
Clear plates	1.02
Dry salt cured fatbacks	1.02
Dry salt cured pork bellies	1.02
Pork snouts, ears, tails, and feet	Omit
Bacon	1.18
Salt pork	1.18
Smoked pork	1.10
Smoked cuts:	
Short rib backs	1.10
Regular hams	1.10
Skinned hams	1.10
Shankless hams	1.10
Regular picnics	1.10
Pork shoulders	1.10
Pork bellies	1.10
Clear backs	1.10
Smoked bacon	1.18
War hams	1.02
Hams, cured and smoked	1.10
Shoulders, cured and smoked	1.10
Corned pork	2.22
Corned shoulders	2.22
Barreled:	
Pork briskets93
Belly pork93
Fatbacks93
Clear Plates93
Jowl butts93
Spare ribs93
Family mess pork from soft or oily hogs93
Full cut pork heads, snouts, ears, and tails	Omit
Ham bologna	1.12
Pork luncheon meat	1.35
Luncheon meat <u>e/</u>92
Frankfurters <u>e/</u>56
Bologna <u>e/</u>56

Conversion factors for pork a/ - continued

Commodity	Dressed carcass from retail weight <u>b/</u>
Cured and smoked - continued:	
Salami <u>e/</u>67
Thuringer sausage (soft cervelat type) <u>e/</u>28
Sausage, including pork, bologna, and frankfurters <u>e/</u>71
Liverwurst	Omit
Head cheese	Omit
Blood sausage	Omit
Canned:	
Luncheon meat	1.35
Chopped ham	1.28
Corned pork	2.22
Issue bacon	1.18
Sliced bacon	1.25
Bulk pork sausage	1.00
Pork sausage links	1.00
Pork and soya links66
Cvinaya Tushonka <u>d/</u>	1.62
Ham loaf	1.12
Pork loaf	1.12
Cooked whole ham	1.33
Ham and eggs67
Pork tongue	Omit
Vienna sausage <u>e/</u>60
Frankfurters <u>e/</u>56
Bologna <u>e/</u>56
Sausage, including pork, bologna, frankfurters, and luncheon meat <u>e/</u>39
Commercially potted meat <u>e/</u>60
Ready meals (see meat food product RR)	
Meat and vegetable hash <u>e/</u>15
Meat food products <u>e/</u> :	
Liver style31
RR23
Army field ration C <u>e/</u> :	
Unit M-115
Unit M-215
Canned meat, not specified f	1.32

Conversion factors for pork a/- continued

Commodity	Dressed carcass from retail weight <u>b/</u>
Dried and dehydrated: Dehydrated pork	4.75
Dry sausage:	
Salami <u>e/</u>75
Mortadella <u>e/</u>19
Dry cervelat type <u>e/</u>	1.37
Sommer sausage <u>e/</u>	<u>g/</u> .05

a/ Federal specifications, U.S. Army Quartermaster Corps tentative specifications, FDA Meat Order of March 5, 1943, and FDA Meat Products Purchase Specification FSC-10.

b/ Dressed carcass - A carcass dressed in accordance with normal trade custom, i.e., with leaf fat and kidney out, jowls on, and head off.

c/ Cuts from which 50 percent or more of bone by weight is removed will be considered boned.

d/ Lard, lard in cvinaya tushonka, rendered pork fat, and edible tallow are included with fats and oils, and not with dressed carcass weight of pork.

e/ Contains beef also.

f/ Canned meat, not specified, for Lend-Lease assumed to be 98 percent pork and 2 percent beef.

g/ Average of dry sausages.

Dressed and edible weights of fresh, frozen, and cured fish
as percent of wholesale weights

Commodity	Wholesale weight specification	Dressed weight as percent of wholesale weight	Edible weight as percent of wholesale weight
	1	2	3
Fish:			
Fresh fish	Round weight	60.0	54.0
Fresh shellfish	Round weight	<u>a/</u> 41.0	41.0
Frozen (not packaged)	Reported weight	70.0	63.0
Frozen (packaged)	Reported weight	150.0	100.0
Frozen shellfish (packaged)	Reported weight	100.0	100.0
Cured fish	Reported weight	100.0	100.0
Canned fish	Reported weight	100.0	100.0

a/ Overall conversion and cannot be applied to any specific variety.

Conversion factors for canned fish a/
(Label weights)

Type of fish and can size	Number of cans per case	Net weight per can (Ounces)	Net weight per case (Pounds)	Reciprocal of column 3
	1	2	3	4
Salmon <u>b/</u> :				
1/4-lb. oval or flat	100	3.75	23.44	.042667
1/2-lb. oval or flat	48	7.75	23.25	.043011
1/2-lb. oval or flat	96	7.75	46.50	.021505
1-lb. oval or flat	48	15.5	46.50	.021505
1-lb. tall	48	16.0	48.00	.020833
Sardines:				
No. 1/4 oil	100	3.25	20.31	.049231
No. 1/2 oval	48	7.5	22.50	.044444
No. 1/2 oval	96	7.5	45.00	.022222
No. 1/2 oil or 211 x 300	48	8.0	24.00	.041667
No. 1/2 oil or 211 x 300	96	8.0	48.00	.020833
No. 3/4 mustard	48	11.0	33.00	.030303
No. 1 oval or 300 x 407	48	15.0	45.00	.022222
Tuna:				
No. 1/4	100	3.5	21.88	.045714
No. 1/2	48	7.0	21.00	.047619
No. 1/2	96	7.0	42.00	.023810
No. 1	48	13.0	39.00	.025641
Tuna flakes:				
No. 1/2	48	6.0	18.00	.055556
No. 1/2	96	6.0	36.00	.027778
No. 1	48	12.0	36.00	.027778
Oysters:				
3-oz.	96	7.0	42.00	.023810
4-oz.	96	9.0	54.00	.018518
4-oz.	48	9.0	27.00	.037037
5-oz.	48	10.5	31.50	.031746
6-oz.	48	11.5	34.50	.028986
8-oz.	48	17.0	51.00	.019608
10-oz.	24	20.0	30.00	.033333
12-oz.	24	21.0	31.50	.031746
Shrimp, dry pack:				
Squat	96	5.0	30.00	.033333
No. 1 picnic	48	<u>c/</u> 6.5	19.50	.051282
No. 1 picnic	96	<u>c/</u> 6.5	39.00	.025641
No. 1 1/2	48	8.25	24.75	.040404
No. 5 <u>d/</u>	10	29.71	18.57	.053854

Conversion factors for canned fish a/ - continued
(Label weights)

Type of fish and can size	Number of cans per case	Net weight per can (Ounces)	Net weight per case (Pounds)	Reciprocal of column 3
	1	2	3	4
Shrimp, wet pack:				
102 x 300	100	2.125	13.281	.075294
Squat	96	5.75	34.50	.028986
No. 1 picnic	48	<u>c/</u> 7.00	21.00	.047619
No. 1 picnic	96	<u>c/</u> 7.00	42.00	.023810
No. 5	12	32.00	24.00	.041667
Clams and clam chowder:				
8 Z short	48	7.75	23.25	.043011
8 Z tall	48	8.50	25.50	.039216
No. 1 picnic	48	10.5	31.50	.031746
No. 300	48	15.0	45.00	.022222
No. 1 tall	48	16.0	48.00	.020833
No. 2	24	20.0	30.0	.033333
No. 2 1/2	24	29.0	43.50	.022988
No. 5	12	57.0	42.75	.023392
No. 10	6	106.0	39.75	.025157

a/ Computed from "Label Weights for Canned Foods" - National Cannery Association.

b/ Net weights are the same for Alaska and Columbia River salmon but can sizes vary slightly.

c/ New pack order - Fish and Wild Life, Department of Interior.

d/ Computed from weight of No. 5 wet times ratio of No. 1 dry to No. 1 wet.

Conversion factors for poultry

Commodity <u>a/</u>	Unit	Pounds live weight per unit
	1	2
Chicken.....	1 pound retail	1.136
Chicken, boned, canned.....	1 pound retail 12/#1 cans	5 60
Turkey.....	1 pound retail	1.099

a/ When breakdown is not available, assume 85 percent chicken and 15 percent turkey.

Percent waste of poultry a/

Commodity	Live to dressed	Dressed to eviscerated	Eviscerated to live
	1	2	3
Chicken.....	12%	24.4%	33.5%
Turkey.....	9%	24.2%	31.0%

a/ Division of Program Analysis and Development, January 31, 1942.

Average weights and conversion factors for poultry a/

Commodity	Live weight		Eviscerated weight		Dressed weight		Pounds average live weight	
	From dressed <u>b/</u>	From evis- cerated	From dressed <u>b/</u>	From live	From live	From evis- cerated	1935-39 average	1942
	1	2	3	4	5	6	7	8
Chicken.....	1.136	1.504	.756	.665	.88	1.323	3.78	<u>c/</u> 3.0
Turkey.....	1.099	1.449	.758	.690	.91	1.319	14.8	15.2

a/ Division of Program Analysis and Development, January 31, 1942.

b/ Dressed weight = retail weight. Poultry is usually sold dressed, although a small amount is sold eviscerated (cleaned).

c/ For commercial broilers only; for other, use 4.0.

Conversion factors for eggs

Commodity	Unit	Dozen fresh per unit	Pounds fresh per unit	Pounds dried whole egg equivalent per unit
	1	2	3	4
Fresh eggs	Pound	.667	1	-
	Dozen	1	1.50	-
	1 egg	.083	.125	-
	Case	30	45	-
Frozen eggs	Pound	.858	1.286	-
Dried whole eggs	Pound	3.060	4.59	1
Dried albumen	Pound	11.38	17.06	b/ 3.718
Dried yolk	Pound	4.191	6.287	b/ 1.370
Powdered eggs, canned	6/#10 cans a/	55.08	82.62	-

a/ One #10 can = 3 pounds.

b/ To avoid duplication, omit Lend-Lease requirements for dried albumen or yolk when converting to dried whole equivalent.

Percent waste and conversion factors for eggs a/

Commodity	Percent waste from farm to retail	Farm weight to retail weight	Retail weight to farm weight
	1	2	3
Fresh eggs	5%	.95	1.053

a/ Division of Program Analysis and Development, January 31, 1942.

Eggs contained in Army rations
(Pounds per 1,000 rations)

Commodity	K	C	D	Mountain	Jungle	Desert	5 in 1	Bail-out
	1	2	3	4	5	6	7	8
Fresh eggs	275.63	-	-	93.55	-	69.38	66.67	-
Dried eggs	-	-	-	-	-	-	6.67	-

Conversion factors for oils and oilseeds

Commodity	Pounds refined oil		Pounds of crude oil from pounds refined	Unit	Pounds of crude oil from unit of seed	Specified unit of commodity per pound crude oil
	From pounds crude	From gallons refined				
	1	2	3	4	5	6
Peanuts.....	.94	7.5	1.064	Pound	.292	3.425
Cottonseed.....	.93	7.5	1.075	Short ton	314	.003
Soybean.....	.94	7.5	1.064	Bushel <u>a/</u>	8.88	.113
Flaxseed (linseed).....	1.00	7.5	1.000	Bushel <u>b/</u>	19.10	.052
Coconut.....	.94	7.5	1.064	Short ton	1260	.001
Corn.....	.93	7.5	1.075	Bushel <u>a/</u>	40	.025
Palm kernel.....	.93	7.5	1.075	Short ton	900	.001
Palm.....	.93	7.5	1.075	Short ton	-	-
Castor beans.....	.93	8.0	1.075	Short ton	900	.001
Babassu.....	.93	8.0	1.075	Short ton	-	-

a/ One bushel = 60 pounds.b/ One bushel = 56 pounds.

Fat content of manufactured oil products

Commodity	Percent fat
Edible:	
Margarine.....	80
Mayonnaise (Army).....	71
Vegetable oil.....	100
Salad and cooking oils.....	100
Shortening.....	100
Lard.....	100
Army:	
C ration.....	<u>a/</u>
K ration.....	<u>b/</u>
Lard and shortening.....	<u>c/</u>
Inedible:	
Soap, Lend-Lease.....	55
Toilet soap.....	75
Soap chips.....	75
Laundry soap.....	45
Laundry soap, Army.....	55
Soap powder.....	25
Scouring powder.....	5

a/ 43.125 pounds shortening per 1,000 rations.b/ 107.069 pounds shortening per 1,000 rations.c/ 41.5 percent lard and 58.5 percent shortening

Conversion factors for peanuts and peanut products

Commodity	To farmers' stock (unshelled peanuts)	To shelled peanuts
	1	2
Peanuts, farmers' stock <u>a/</u>	1.00	1.50
Shelled peanuts	.667	1.00
Peanut butter	1.765	1.176
Peanut oil	3.425	-

a/ Waste factor: Retail weight to farmers' stock, 1.053, and farmers' stock to retail weight .95

Soya flour content and conversion factors for soya products

Commodity	Percent soya flour	Pounds of commodity to bushel of soybeans
	1	2
Concentrated soup	25	.007
Concentrated cereal	20	.005
Pork and soya links	22	.006
Low-fat flour or grits	100	<u>a/</u> .026
Full-fat flour	100	<u>b/</u> .022
K ration	<u>c/</u>	-

a/ 38 pounds low-fat flour = 1 bushel soybeans.

b/ 45 pounds full-fat flour = 1 bushel soybeans.

c/ 61.875 pounds soya flour per 1,000 rations.

Average yield of oilseeds and oilseed products,
1938-1942

Commodity	Pounds per acre harvested	Percent crude oil	Percent meal
	1	2	3
Cottonseed	458	15.7	45
Peanuts	741	29.2	43.6
Soybeans	1,140	14.8	80
Flaxseed	521	34.1	64

Conversion factors for fresh vegetables

Commodity	Farm weight		Wholesale weight		Retail weight	
	From wholesale	From retail	From retail	From farm	From wholesale	From farm
	1	2	3	4	5	6
Leafy, green, and yellow:		1.250				.80
Artichokes	1.053	1.053	n.a.	.95	n.a.	.95
Asparagus	1.053	1.053	n.a.	.95	n.a.	.95
Beans	1.042	1.111	1.064	.96	.94	.90
Lima, unshelled	1.053	1.053	n.a.	.95	n.a.	.95
String and snapbeans	1.111	1.176	1.064	.90	.94	.85
Other						
Beet tops (green)	1.136	1.333	1.176	.88	.85	.75
Broccoli	1.136	1.333	1.176	.88	.85	.75
Broccoli, rape	1.136	1.333	1.176	.88	.85	.75
Brussels sprouts	1.136	1.333	1.176	.88	.85	.75
Cabbage	1.136	1.333	1.176	.88	.85	.75
Celery cabbage	1.136	1.333	1.176	.88	.85	.75
Celery	1.266	1.333	1.053	.79	.95	.75
Cauliflower	1.220	1.429	1.176	.82	.85	.70
Collards	1.099	1.299	1.176	.91	.85	.77
Corn	1.250	1.250	n.a.	.80	n.a.	.80
Cucumbers	1.053	1.053	n.a.	.95	n.a.	.95
Dandelion greens	1.316	1.429	1.087	.76	.92	.70
Egg plant	1.053	1.053	n.a.	.95	n.a.	.95
Endive	1.316	1.429	1.087	.76	.92	.70
Escarole	1.316	1.429	1.087	.76	.92	.70
Greens	1.316	1.429	1.087	.76	.92	.70
Hanover salad	1.316	1.429	1.087	.76	.92	.70
Kale	1.190	1.299	1.087	.84	.92	.77
Leeks (onions)	1.190	1.250	1.053	.84	.95	.80
Lettuce (Romaine)	1.316	1.429	1.087	.76	.92	.70
Mustard greens	1.316	1.429	1.087	.76	.92	.70
Okra	1.111	1.176	1.064	.90	.94	.85
Onions	n.a.	1.250	n.a.	n.a.	n.a.	.80
Parsley	1.220	1.333	1.087	.82	.92	.75
Peas	1.020	1.053	1.036	.98	.965	.95
Green	1.020	1.053	1.036	.98	.965	.95
Pigeon	1.020	1.053	1.036	.98	.965	.95
China	1.020	1.053	1.036	.98	.965	.95
Peppers	1.064	1.064	1.036	.94	.965	.94
Radishes	1.053	1.053	1.036	.95	.965	.95
Rhubarb	1.220	1.333	1.087	.82	.92	.75
Scallions	1.250	1.250	n.a.	.80	n.a.	.80
Sorrel or sourgrass	1.220	1.333	1.087	.82	.92	.75
Soup greens	1.316	1.429	1.087	.76	.92	.70
Spinach	1.220	1.333	1.087	.82	.92	.75
Squash and pumpkin	1.053	1.053	n.a.	.95	n.a.	.95
Swiss chard	1.220	1.333	1.087	.82	.92	.75
Tomatoes	1.351	1.429	1.053	.74	.95	.70
Watercress	1.316	1.429	1.087	.76	.92	.70

Conversion factors for fresh vegetables - continued

Commodity	Farm weight		Wholesale weight		Retail weight	
	From wholesale	From retail	From retail	From farm	From wholesale	From farm
	1	2	3	4	5	6
Leafy, green, and yellow (continued):						
Roots		1.087				.92
Beets	1.075	1.087	1.010	.93	.99	.92
Carrots	1.163	1.176	1.010	.86	.99	.85
Horseradish	1.075	1.087	1.010	.93	.99	.92
Parsley root	1.163	1.176	1.010	.86	.99	.85
Parsnips	1.075	1.087	1.010	.93	.99	.92
Rutabagas	1.075	1.087	1.010	.93	.99	.92
Salsify	1.087	1.087	n.a.	.92	n.a.	.92
Turnips	1.075	1.087	1.010	.92	.99	.92
Potatoes:						
White	1.010	1.081	1.070	.99	.935	.925
Sweet	1.190	1.250	1.053	.84	.95	.80
Onions, dry	1.031	1.087	1.053	.97	.95	.92
Other vegetables						
Mixed vegetables	1.176	1.176	n.a.	.85	n.a.	.85
Mushrooms	1.429	1.429	n.a.	.70	n.a.	.70
Water chestnuts	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.

Weights of standard containers for vegetables.

Commodity	Unit	Approximate net weight	Commodity	Unit	Approximate net weight
	1	2		1	2
Artichokes:		Pounds	Eggplant	Bushel	33
Globe	Box a/ Bushel	40	Kale	Bushel	18
Jerusalem		50	Lentils	Bushel	60
Asparagus	Crate, 1 dozen 2 pound bunches	24	Lettuce	Western crate b/ Sack	70
Beans:			Onions	Sack	100
Lima, dry	Bushel	56		Sack	50
Other, dry	Bushel	60		Bushel, late Bushel, early	57
Lima, unshelled	Sack	100		Crate b/ Bushel	50
Snap	Bushel	32	Onions, green, bunched		50-55
Beets:	Bushel	30	Parsnips		50
Without tops		52	Peas:		
Bunched	Western crate b/ 1½ bushel hamper	55-60	Green, unshelled		
Cabbage	Western crate b/ 1½ bushel hamper	50	Dry		
		80	Peppers		
Carrots:	Bushel	50	Potatoes		
Without tops			Rutabagas		
Bunched	Western crate b/ 1½ bushel crates	55-65	Shallots		
Cauliflower	2/3 crate c/ 2/3 crate c/	37	Spinach		
Celery		90	Sweet potatoes		
Corn:			Tomatoes		
Ear, husked	Bushel	d/ 70	Turnips:		
Shelled	Bushel	56	Without tops		
Green, sweet	Bushel	35	Bunched		
Cowpeas	Bushel	60			
Cucumbers	Bushel	48			
				Bushel	54
				Crate b/	60-80

Source: Agricultural Statistics, 1942.

a/ Approximate inside dimensions 9 3/4 x 11 x 20 5/8 inches.

b/ Approximate inside dimensions 13 x 18 x 21 5/8 inches.

c/ Approximate inside dimensions 22 x 16 x 20 3/4 inches.

d/ The standard weight of 70 pounds is usually recognized as being about 2 measured bushels of corn, husked, on the ear, because it requires 70 pounds to yield 1 bushel, or 56 pounds of shelled corn.

e/ This average of 55 pounds indicates the usual weight of sweet potatoes when harvested. Much weight is lost in curing or drying, and the net weight when sold in terminal markets may be far below 55 pounds.

f/ Approximate inside dimensions 5 3/4 x 13½ x 16 1/8 inches.

Case equivalents of canned fruits and vegetables

Case sizes	To cases of 24/#2	To cases of 24/#2½
	1	2
48 8Z short	.77	-
48 8Z tall	.86	-
48 No. 1 tall	1.63	1.12
24 12Z vacuum	.72	-
24 No. 300	.74	.51
24 No. 303	.82	.57
24 No. 2½	1.45	-
24 No. 3	1.71	.92
6 No. 10	1.33	-
24 No. 2	-	.69
12 No. 5	1.44	.99

Cans most commonly used in canning fruits and vegetables a/

Can size	Capacity of water at 68F (Avoir. OZ8)	No. 2 can equivalent b/
	1	2
6 Z	6.08	.295
8 Z short	7.93	.386
8 Z tall	8.68	.422
No. 1 picnic	10.94	.532
No. 211 cylinder	13.56	.66
No. 300	15.22	.741
No. 300 cylinder	19.4	.945
No. 1 tall	16.7	.813
No. 303	16.88	.821
No. 303 cylinder	21.86	1.06
No. 2 vacuum	14.71	.716
No. 2	20.55	1.0
Jumbo	25.8	1.254
No. 2 cylinder	26.4	1.284
No. 1¼	13.81	.672
No. 2½	29.79	1.45
No. 3 vacuum	23.9	1.162
No. 3 cylinder	51.7	2.515
No. 5	59.1	2.874
No. 10	109.43	5.325

a/ National Cannery Association. "Canned Food Pack Statistics": 1941.

b/ No. 2 case equivalent may be obtained by dividing the number of cans per case (of the can to be converted) by 24, and multiplying the result by the "No. 2 can equivalent".

Conversion factors for canned vegetables

Commodity	Pounds farm weight			Pounds canned			Cases of 24/#2		
	From pounds canned	From cases of 24/#2	From cases of 6/#10	From pounds farm weight	From #2 cans	From cases of 24/#2	From cases of 6/#10	From pounds canned	From tons farm weight
	1	2	3	4	5	6	7	8	9
Asparagus	1.40	40.00	54.08	.71	Lbs. 3	28.5	38.625	.035	50.0
Beets	1.33	40.00	51.87	.75	4	30.0	39.000	.033	50.0
Carrots	1.21	36.36	47.19	.83	4	30.0	39.000	.033	55.0
Corn:									
Whole	3.33	100.00	132.27	.30	4	30.0	39.750	.033	20.0
Cream	2.42	72.73	96.20	.41	4	30.0	39.750	.033	27.5
Average	2.78	83.33	110.51	.36	4	30.0	39.750	.033	24.0
Kraut	1.40	40.00	51.98	.71	3	28.5	37.125	.035	50.0
Lima beans	a/.74	22.22	29.14	1.55	4	30.0	39.375	.033	90.0
Peas	a/.70	21.05	27.56	1.43	4	30.0	39.375	.033	95.0
Pickles b/	.93	29.41	-	1.07	5	c/31.5	-	.032	68.0
Pumpkin and squash	2.15	64.52	85.46	.47	4	30.0	39.750	.033	31.0
Snap beans	.74	21.05	28.03	1.35	3	28.5	37.875	.035	95.0
Spinach	.93	25.00	34.18	1.08	2	27.0	36.750	.037	80.0
Tomatoes	1.87	53.33	71.53	.47	3	28.5	38.250	.035	37.5
Catsup d/	2.48	80.00	103.23	.40	5 $\frac{1}{2}$	32.25	41.625	.031	25.0
Puree and pulp d/	1.81	52.91	70.93	.55	3 $\frac{1}{2}$	e/29.25	e/39.188	.034	37.8
Paste and sauced/	2.30	70.67	-	.44	4 $\frac{1}{2}$	30.75	-	.033	28.3
Juice d/	1.39	40.00	50.04	.69	3 $\frac{1}{4}$	c/28.87	36.000	.035	50.0
White potatoes	1.51	33.98	42.47	.66	15	22.5	28.125	.044	59.0
Sweet potatoes	1.50	42.75	57.37	.67	3	28.5	38.250	.035	46.7

a/ Shelled weight.

b/ 1 bushel cucumbers = 48 pounds = 7 gallons pickles.

c/ Computed by applying factor for farm weight to canned weight.

d/ For degree of concentration see table on "Case weights of canned vegetables".

e/ Average of tomato puree with 8.37 percent and 12.0 percent solids.

Case weights of canned vegetables a/

(In pounds)

Commodity	48/#1 picnic	24/#2	24/2½	24/300	6/#10
	1	2	3	4	5
Average.....		e/ 30.0			
Asparagus.....	31.5	28.5	42.0	24.00	38.625
Asparagus, cut stalks.....	30.0	28.5	42.0	23.25	38.875
Beans, green and wax.....	30.0	28.5	42.0	23.25	37.875
Beans, kidney.....	33.0	30.0	45.0	24.00	40.500
Beans, lima.....	31.5	30.0	43.5	24.00	39.375
Beans, oven baked.....	33.0	31.5	46.5	-	41.250
Beans, with pork or sauce.....	33.0	31.5	46.5	-	41.250
Beets.....	31.5	30.0	42.0	24.00	39.000
Cabbage, brussels sprouts.....	30.0	28.5	40.5	23.25	37.125
Carrots.....	31.5	30.0	42.0	24.00	39.000
Cauliflower.....	30.0	28.5	40.5	23.25	37.500
Celery.....		b/ 30.0			b/ 37.875
Corn, cream and whole grain.....	33.0	30.0	45.0	24.00	39.750
Corn, vacuum pack.....	-	18.0	-	-	-
Hominy.....	-	30.0	43.5	-	39.375
Kraut.....	30.0	28.5	40.5	-	37.125
Kraut juice.....	-	28.89	41.73	-	38.52
Mushrooms.....	-	-	42.0		38.625
Okra and tomatoes.....	30.0	28.5	42.0	23.25	37.857
Onions.....	30.0	28.5	-	23.25	37.875
Parsnips.....	31.5	30.0	42.0	24.00	39.000
Peas (peas and carrots).....	31.5	30.0	43.5	24.00	39.375
Potatoes, white.....	-	b/ 22.5	b/ 31.5	-	b/ 28.125
Pumpkin and squash.....	-	30.0	43.5	-	39.750
Rhubarb:					
Syrup.....	-	30.0	43.5	-	39.375
Water.....	-	27.0	40.5	-	36.375
Spinach.....	30.0	27.0	40.5	22.5	36.750
Succotash.....	33.0	30.0	45.0	24.0	40.500
Sweet potatoes.....	-	28.5	43.5	-	38.250
Tomatoes.....	30.0	28.5	42.0	24.0	38.250
Tomato catsup.....	-	32.25	-	-	b/ 41.625
33% solids.....	34.5	33.0	48.0	27.0	43.125
25% solids.....	33.0	31.5	45.0	25.5	41.625
Tomato juice.....	28.5	28.87			
Tomato paste					
25% salt free solids.....	-	30.0	45.0	-	41.625
33% total solids.....	-	31.0	46.5	-	42.750
Tomato puree					
8.37% solids.....	31.5	28.5	-	-	39.000
12.00% solids.....	31.5	30.0	-	-	39.375

Case weights of canned vegetables a/ - continued
(In pounds)

Commodity	48/#1 picnic	24/#2	24/2½	24/303	6/#10
	1	2	3	4	5
Tomato sauce.....	-	30.75			
Vegetables mixed (Julienne).....	31.5	30.00	42.0	24.0	39.000
Turnips.....	-	<u>b/</u> 30.00	<u>b/</u> 42.0	-	<u>b/</u> 39.000
Vegetable juice.....	-	-	-	24.075	38.520
Vegetables for salad.....	<u>b/</u> 31.5	30.00	-	24.000	39.000
Miscellaneous					
Hops <u>c/</u>					
Pectin <u>d/</u>					
Condensed soups.....	<u>b/</u> 31.5				

a/ National Canners Association. "Label Weights for Canned Foods", 1941.

b/ Fruit and Vegetable Branch.

c/ Hops - 20/1-pound cartons = 20 pounds.

d/ Pectin - 20 pounds liquid pectin = 1 pound dry 100 grade equivalent.

e/ This figure is used only for obtaining an overall figure.

Case weights of canned vegetables (special cases) a/
(In pounds)

Commodity	100/6 oz	72/8 oz	48/8 oz	48/12 oz	48/3 cyl. (46 oz)	24/14 oz	12/#5	24/28 oz
	1	2	3	4	5	6	7	8
Tomato catsup.....			-			21		
Tomato juice.....		36		36	34.5			
Tomato paste.....	40.625							
Tomato sauce.....		36	24					
Pimientos.....								42

a/ Fruit and Vegetable Branch

Conversion factors for frozen vegetables

Commodity	Frozen to fresh	Fresh to frozen	Average percent peeling and trimming loss
	1	2	3
Asparagus (spears and cuts)	2.174	.46	54
Beans:			
Green	1.429	.70	30
Lima, hulled	1.053	.95	5
Lima, unhulled	2.703	.37	63
Broccoli	1.818	.55	45
Brussels sprouts	2.000	.50	50
Cauliflower	3.333	.30	70
Corn, cut	3.333	.30	70
Corn on cob	1.136	.88	12
Carrots	2.703	.37	63
Carrots and peas	2.703	.37	63
Peas, hulled	1.047	.945	5.5
Peas, unhulled	2.703	.37	63
Spinach	1.923	.52	48
Squash	1.370	.73	27
Rhubarb	1.176	.85	15

Conversion factors for dehydrated vegetables a/

Commodity	Average percent peeling and trimming loss	Percent moisture content of dehydrated product	Percent yield from unprepared product	Ratio of yield to unprepared product	Farm weight to dehydrated	Dehydrated to farm weight
	1	2	3	4	5	6
Beans, green	10.5	7.5	10.0	1 - 10	.10	10
Beets	30.0	5.0	7.7	b/ 1 - 13	.077	13
Cabbage	26.0	4.0	5.0	b/ 1 - 20	.05	20
Carrots	25.0	5.0	8.3	b/ 1 - 12	.083	12
Celery	20.5	7.5	5.9	1 - 17	.059	17
Corn	62.5	7.5	10.0	1 - 10	.10	10
Garlic			25.0	b/ 1 - 4	.25	4
Greens			6.25	1 - 16	.625	16
Onions	12.0	4.0	9.1	b/ 1 - 11	.091	11
Parsnips	20.5	7.5	16.7	1 - 6	.167	6
Peas, sugar	42.5	7.5	11.1	1 - 9	.111	9
Potatoes, sweet	27.5	7.0	14.3	b/ 1 - 7	.143	7
Potatoes, white	21.0		10.0	b/ 1 - 10	.10	10
Pumpkin	27.5	7.5	5.9	1 - 17	.059	17
Rutabagas	11.5	5.0	8.3	b/ 1 - 12	.083	12
Tomatoes			7.1	b/ 1 - 14	.071	14
Tomato juice cocktail			7.1	b/ 1 - 14	.071	14

a/ "Preservation of Fruits and Vegetables by Commercial Dehydration" - Circular No. 619.

b/ Fruits and Vegetables Branch.

Conversion factors for dry beans and peas

Commodity	Cleanout loss	Uncleaned farm weight to retail weight	Retail weight to uncleaned weight	Weight per bushel (pounds)
	1	2	3	4
Dry beans - all	.07	.93	1.075	60
Great Northern	.04	.96	1.042	60
Michigan and New York varieties <u>a/</u>	.08	.92	1.087	60
California varieties <u>b/</u>	.07	.93	1.075	60
Limas	.08	.92	1.087	56
Blackeyes	.10	.90	1.111	60
Pintos	.07	.93	1.075	60
Dry peas - all	.08	.92	1.087	60
Split peas	<u>c/</u>	.80	1.250	-

Canned beans

Commodity	Weight of stated size cans in pounds			Weight of stated size cans to pounds dried			Pounds canned to pounds fresh
	#2	#2½	#10	#2	#2½	#10	
	1	2	3	4	5	6	
Kidney	1.250	1.875	6.75	.30	.63	2.25	.30
Lima	1.188	-	-	.33	-	-	.28
Beans with pork	-	1.938	6.875	-	.65	2.29	.33
Chile con carne (type 2)	-	-	6.688	-	-	.80	.12

Dehydrated soups

Commodity	Percent water content	Conversion to dry content	Bean and pea content of soup	Pounds soup to pounds bean and pea content	Farm weight factor for bean and pea content
	1	2	3	4	5
Dry beans (Army)	10.5	1.12	.80	.89	.96
Dry beans (Navy)	-	1.12	.50	.56	.60
Dry peas:					
Whole (Army)	11.6	1.13	.80	.90	.98
Split (Army)	10.0	1.11	.80	.89	1.11
Whole (Navy) <u>d/</u>	11.6	1.13	.50	.57	.62
Split (Navy) <u>d/</u>	10.0	1.11	.50	.56	.70

a/ Includes most of the pea beans (navy beans) and red kidneys.

b/ Includes small whites and pink varieties - general factor for California varieties is .06.

c/ Included in total loss factor which represents 18% loss. 2% milling factor.

d/ Also used for Red Cross requirements.

Conversion factors for fresh fruit

Commodity	Farm weight		Wholesale weight		Retail weight	
	From wholesale	From retail <u>a/</u>	From retail	From farm	From wholesale <u>b/</u>	From farm
	1	2	3	4	5	6
Apples.....	1.190	1.250	1.053	.840	.950	.800
Apricots.....	1.087	1.087	<u>c/</u>	.920	<u>c/</u>	.920
Avocadas.....	1.156	1.250	1.081	.865	.925	.800
Bananas.....	1.021	1.111	1.088	.979	.919	.900
Berries.....	1.112	1.176	1.057	.899	.946	.850
Blackberries and dewberries.....	1.351	1.429	1.057	.740	.946	.700
Blueberries and huckleberries.....	1.052	1.111	1.057	.951	.946	.900
Currants.....	1.052	1.111	1.057	.951	.946	.900
Gooseberries.....	1.052	1.111	1.057	.951	.946	.900
Loganberries.....	1.351	1.429	1.057	.740	.946	.700
Raspberries.....	1.351	1.429	1.057	.740	.946	.700
Strawberries.....	1.351	1.429	1.057	.740	.946	.700
Youngberries.....	1.112	1.176	1.057	.899	.946	.850
Mixed berries.....	1.112	1.176	1.057	.899	.946	.850
Fruits and berries.....	-	1.250	-	-	-	.800
Cherries.....	1.112	1.176	1.057	.899	.946	.850
Citrus.....	1.107	1.145	1.034	.903	.967	.873
Grapefruit.....	1.095	1.149	1.049	.913	.953	.870
Lemons.....	1.074	1.111	1.034	.931	.967	.900
Limes.....	1.074	1.111	1.034	.931	.967	.900
Oranges.....	1.111	1.149	1.034	.900	.967	.870
Tangerines.....	1.063	1.149	1.081	.941	.925	.870
Cranberries.....	1.053	1.053	<u>c/</u>	.950	<u>c/</u>	.950
Dates.....	1.081	1.081	<u>c/</u>	.925	<u>c/</u>	.925
Figs.....	3.003	3.003	<u>c/</u>	.333	<u>c/</u>	.333
Grapes.....	1.059	1.111	1.049	.944	.953	.900
Melons.....	1.148	1.250	1.089	.871	.918	.800
Cantaloupes.....	1.148	1.250	1.089	.871	.918	.800
Watermelons.....	1.148	1.250	1.089	.871	.918	.800
Nectarines.....	1.143	1.250	1.094	.875	.914	.800
Olives (fresh only).....	1.111	1.111	<u>c/</u>	.900	<u>c/</u>	.900
Peaches.....	1.143	1.250	1.094	.875	.914	.800
Pears.....	1.163	1.250	1.075	.860	.930	.800
Persimmons.....	1.163	1.250	1.075	.860	.930	.800
Pineapples.....	1.045	1.111	1.064	.957	.940	.900
Plantains.....	1.021	1.111	1.088	.979	.919	.900
Plums and prunes (dried).....	2.375	2.597	1.094	.421	.914	.385
Pomegranates.....	1.188	1.250	1.053	.842	.950	.800
Prickly pears.....	1.163	1.250	1.075	.860	.930	.800
Quinces.....	1.188	1.250	1.053	.842	.950	.800

a/ BAE.

b/ Loss from spoilage as reported by various types of retail outlets, New York City, etc., from "Sales of Fruits at Retail", Rasmussen, Quitsland and Cake.

c/ Assume no loss during retailing.

Weights of standard containers for fruits

Commodity	Unit	Approximate net weight
	1	2
Apples	Bushel	48
	Box <u>a</u> /	44
	Barrel	140
Apricots	Bushel	48
Western	Crate <u>b</u> /	32
Avocados:		
California	Box <u>c</u> /	13
Florida	Box <u>d</u> /	12 - 15
Bananas	Bunch, 8 - 9 hands	45 - 65
Berries, frozen pack:		
Without sugar	50-gallon barrel	380
3 and 1 pack	50-gallon barrel	425
2 and 1 pack	50-gallon barrel	450
Blackberries	24-quart crate	36
Cantaloups	Standard 45 crate <u>e</u> /	60
Cherries:		
With stems	Bushel	56
Without stems	Bushel	64
	Flat box <u>f</u> /	15
Cranberries	Barrel	100
	$\frac{1}{4}$ barrel box <u>g</u> /	25
Dewberries	24 quart crate	36
Figs, fresh	Box, single layer <u>h</u> /	6
Grapefruit:		
Florida	Box <u>i</u> /	80
California	Box <u>j</u> /	60
Grapes	Bushel	48
Eastern	12 quart basket	18
Western	Lug box <u>k</u> /	28
	4 basket crate <u>l</u> /	20
	Keg (2,642 cubic inches)	<u>m</u> / 32
	Box, sawdust pack <u>n</u> /	34
Lemons, California	Box <u>o</u> /	76
Limes	Box <u>i</u> /	80
Olives	Lug box <u>k</u> /	25 - 30

Weights of standard containers for fruits - continued

Commodity	Unit	Approximate net weight
	1	2
Oranges:		
Florida	Box <u>i</u> /	90
California	Box <u>j</u> /	70
Peaches	Bushel	48
	Lug box <u>k</u> /	20
Pears:	Bushel	50
Western	Box <u>p</u> /	46
Pineapple	Crate <u>q</u> /	70
Plums and prunes	Bushel	56
	Crate <u>b</u> /	20
	Suitcase lug <u>r</u> /	16
Quinces	Bushel	48
Raspberries	24 quart crate	36
Strawberries	24 quart crate	36
Tangerines, Florida	$\frac{1}{2}$ strap <u>s</u> /	40
Watermelons	Melon of average or medium size	25

Source: Agricultural statistics, 1942.

- a/ Approximate inside dimensions $10\frac{1}{2}$ x $11\frac{1}{2}$ x 18 inches.
b/ Approximate inside dimensions $4\frac{1}{2}$ x 16 x $16\frac{1}{8}$ inches.
c/ Approximate inside dimensions $3\frac{3}{4}$ x $13\frac{1}{2}$ x $16\frac{1}{8}$ inches.
d/ Approximate inside dimensions $4\frac{3}{16}$ x $13\frac{1}{2}$ x $16\frac{1}{8}$ inches.
e/ Approximate inside dimensions 12 x 12 x $22\frac{1}{8}$ inches.
f/ Approximate inside dimensions $3\frac{3}{4}$ x $11\frac{1}{2}$ x $14\frac{1}{8}$ inches.
g/ Approximate inside dimensions $9\frac{1}{4}$ x $10\frac{1}{2}$ x 15 inches.
h/ Approximate inside dimensions $1\frac{3}{4}$ x 11 x $16\frac{1}{8}$ inches.
i/ Approximate inside dimensions 12 x 12 x 24 inches.
j/ Approximate inside dimensions $11\frac{1}{2}$ x $11\frac{1}{2}$ x 24 inches.
k/ Approximate inside dimensions $5\frac{3}{4}$ x $13\frac{1}{2}$ x $16\frac{1}{8}$ inches.
l/ Approximate inside dimensions $4\frac{3}{4}$ x 16 x $16\frac{1}{8}$ inches.
m/ About 13 pounds of sawdust are required to pack 32 pounds of grapes in a keg,
thus making the total weight about 45 pounds.
n/ Approximate inside dimensions $7\frac{3}{4}$ x 15 x $18\frac{3}{4}$ inches.
o/ Approximate inside dimensions 10 x 13 x 25 inches.
p/ Approximate inside dimensions $8\frac{1}{2}$ x $11\frac{1}{2}$ x 18 inches.
q/ Approximate inside dimensions 12 x $10\frac{1}{2}$ x 33 inches.
r/ Approximate inside dimensions $3\frac{1}{4}$ x 11 x 18 inches.
s/ Approximate inside dimensions 6 x 12 x 24 inches.

Conversion factors for canned fruits and juices

30

Commodity	Pounds farm weight			Pounds canned			Cases of 24/#2½'s		
	From pounds canned	From cases of 24/#2½'s	From pounds farm weight	From #2½ cans	From cases of 24/#2½'s	From pounds canned	From cases of 24/#2½'s	From pounds canned	From tons farm weight
	1	2	3	4	5	6	7		
Apples	1.709	66.667	.585	1 lb. 10 oz.	39.0	.0256	30.00		
Apple butter	1.443	71.429	.693	2 lb. 1 oz.	49.5	.0202	28.00		
Applesauce	1.352	58.824	.740	1 lb. 13 oz.	43.5	.0230	34.00		
Apricots	.836	36.364	1.196	1 lb. 13 oz.	43.5	.0230	55.00		
Berries, other	.766	33.333	1.305	1 lb. 13 oz.	43.5	.0230	60.00		
Blackberries	.766	33.333	1.305	1 lb. 13 oz.	43.5	.0230	60.00		
Blueberries	.766	33.333	1.305	1 lb. 13 oz.	43.5	.0230	60.00		
Cherries, sour, pitted	1.069	46.512	.935	1 lb. 13 oz.	43.5	.0230	43.00		
Cherries, sweet, pitted	1.022	44.444	.978	1 lb. 13 oz.	43.5	.0230	45.00		
Cherries, sweet, unpitted	.742	32.258	1.348	1 lb. 13 oz.	43.5	.0230	62.00		
Citrus salad	2.222	100.000	.450	1 lb. 14 oz.	45.0	.0222	20.00		
Cranberries	.372	17.857	2.688	2 lbs.	48.0	.0208	112.00		
Figs	.766	33.333	1.305	1 lb. 13 oz.	43.5	.0230	60.00		
Fruit cocktail fancy	1.058	47.619	.945	1 lb. 14 oz.	45.0	.0222	42.00		
Fruit salad fancy	.966	43.478	1.035	1 lb. 14 oz.	45.0	.0222	46.00		
Gooseberries	.684	30.769	1.462	1 lb. 14 oz.	45.0	.0222	65.00		
Grapefruit	2.299	100.000	.435	1 lb. 13 oz.	43.5	.0230	20.00		
Loganberries	.742	32.258	1.348	1 lb. 13 oz.	43.5	.0230	62.00		
Olives	1.140	30.769	.877	1 lb. 2 oz.	27.0	.0370	65.00		
Peaches, cling	1.045	45.455	.957	1 lb. 13 oz.	43.5	.0230	44.00		
Peaches, Freestone	1.121	48.780	.892	1 lb. 13 oz.	43.5	.0230	41.00		
Peaches, other	1.149	50.000	.870	1 lb. 13 oz.	43.5	.0230	40.00		
Pears	1.210	52.632	.826	1 lb. 13 oz.	43.5	.0230	38.00		
Pineapple	1.587	71.429	.630	1 lb. 14 oz.	45.0	.0222	28.00		
Plums, fancy	.717	32.258	1.395	1 lb. 14 oz.	45.0	.0222	62.00		
Prunes, fancy	.741	33.333	1.350	1 lb. 14 oz.	45.0	.0222	60.00		
Raspberries	.742	32.258	1.348	1 lb. 13 oz.	43.5	.0230	62.00		
Strawberries	.920	40.000	1.087	1 lb. 13 oz.	43.5	.0230	50.00		
Youngberries	.742	32.258	1.348	1 lb. 13 oz.	43.5	.0230	62.00		

Conversion factors for canned fruits and juices - continued

Commodity	Pounds farm weight			Pounds canned			Cases of 24/#2½'s	
	From pounds canned	From cases of 24/#2½'s	From pounds farm weight	From #2½ cans	From cases of 24/#2½'s	From pounds canned	From tons farm weight	
	1	2		3	4			5
Canned fruit juice:								
Prune	1.097	44.444	.912	1 lb.	11 oz.	40.5	.0247	45.00
Grapefruit	2.794	115.942	.358	1 lb.	11 2/3 oz.	41.5	.0241	17.25
Orange	2.691	114.090	.372	1 lb.	12 4/15 oz.	42.4	.0236	17.53
Combination	2.738	115.009	.365	1 lb.	12 oz.	42.0	.0238	17.59
Lemon and lime	3.257	130.293	.307	1 lb.	10 2/3 oz.	40.0	.0250	15.35
Grape	1.667	66.667	.600	1 lb.	10 2/3 oz.	40.0	.0250	30.00
Nectars	1.589	63.553	.629	1 lb.	10 2/3 oz.	40.0	.0250	31.47
Pineapple	1.786	71.429	.560	1 lb.	10 2/3 oz.	40.0	.0250	28.00
Apple	1.653	70.102	.605	1 lb.	12 4/15 oz.	42.4	.0236	28.53

Case weights of canned fruits a/
(In pounds)

Commodity	48/#1	6/10	24/#2	24/#2½	24/503	12/#3 cyl. 46 oz.	12/#5
	1	2	3	4	5	6	7
Canned fruit - Average	-	-	-	b/ 45.00	-		
Canned fruit and fruit juices - Average	-	b/ 39.75	-	b/ 43.50	-		
Apples: Standard	-	35.625	27.00	39.00	-		
Choice	-	35.6	-	39.00	-		
Apple butter: Standard	-	45.00	33.00	49.50	27.00		
Choice	-	-	-	-	-		
Applesauce: Standard	-	40.125	30.00	43.50	24.00		
Choice	-	40.1	-	43.50	-		
Apricots: Standard	-	39.75	30.00	43.50	-		
Choice	-	40.50	30.00	45.00	-		
Blackberries: Standard	31.50	39.375	30.00	43.50	24.00		
Choice	31.50	39.75	30.00	43.50	24.00		
Blueberries: Standard	-	39.375	30.00	-	-		
Choice	-	39.4	30.00	43.50	-		
Boysenberries: Standard	31.50	39.375	30.00	43.50	24.00		
Choice	31.50	39.75	30.00	43.50	24.00		
Cherries, unpitted: Standard	-	39.75	30.00	43.50	-		
Choice	-	40.50	30.00	45.00	-		
Cherries, pitted: Standard	31.50	39.375	30.00	43.50	24.00		
Choice	33.00	40.125	30.00	43.50	24.00		
Cranberry sauce: Standard	-	43.875	33.00	-	-		
Choice	-	43.9	-	48.00	-		
Currants: Standard	-	39.75	-	-	-		
Choice	-	-	-	-	-		
Figs: Standard	-	-	-	-	-		
Choice	34.50	42.00	30.00	43.50	-		
Fruit cocktail fancy: Standard	51.00	41.25	31.50	46.50	-		
Choice	-	40.50	30.00	45.00	-		
Fruit for salad: Standard	51.00	41.25	31.50	45.00	-		
Choice	-	40.50	30.00	45.00	-		
Gooseberries: Standard	-	-	-	-	-		
Choice	31.50	39.375	30.00	43.50	24.00		

Commodity	48/#1	6/10	24/#2	24/#2½	24/303	12/#3 cyl. 46 oz.	12/#5
	1	2	3	4	5	6	7
Grapefruit: Standard	-	39.375	30.00	-	-	✓ 37.50	✓ 42.75
Choice	-	-	-	-	-		
Grapefruit and orange mixed segments: Standard	-	-	30.00	-	-		
Choice	-	-	-	-	-		
Grapes: Standard	-	39.75	30.00	43.50	-		
Choice	-	40.50	30.00	45.00	-		
Jams and preserves: Standard	-	51.00	36.00	55.55	-		
Choice	-	-	-	-	-		
Jelly: Standard	-	50.25	36.00	55.50	-		
Choice	-	-	-	-	-		
Loganberries: Standard	-	39.75	-	-	-		
Choice	33.00	41.25	31.50	45.00	25.50		
Olives (drained weight) d/:							
Standard	-	24.75	-	27.00	-		
Choice	-	-	-	-	-		
Peaches: Standard	31.50	39.75	30.00	43.50	24.00		
Choice	33.00	40.50	30.00	43.50	24.00		
Pears: Standard	-	39.375	30.00	43.50	24.00		
Choice	-	39.75	30.00	43.50	24.00		
Pineapple Hawaiian Syrup:							
Standard	1.	40.50	30.00	45.00	-		
Choice	-	40.50	-	45.00	-		
Plums: Standard	-	39.75	30.00	43.50	24.00		
Choice	-	40.50	30.00	45.00	24.00		
Prunes canned fresh: Standard	-	39.75	30.00	43.50	24.00		
Choice	-	40.50	30.00	45.00	24.00		
Raspberries, red: Standard	31.50	39.375	30.00	43.50	24.00		
Choice	33.00	40.50	30.00	45.00	24.00		
Raspberries, black: Standard	31.50	39.375	30.00	43.50	24.00		
Choice	31.50	39.75	30.00	43.50	24.00		
Strawberries: Standard	31.50	39.375	30.00	43.50	24.00		
Choice	33.00	40.50	30.00	45.00	24.00		
Youngberries: Standard	31.50	39.375	30.00	43.50	24.00		
Choice	31.50	39.75	30.00	43.50	24.00		

Conversion factors for canned concentrated fruit juices

Commodity	Cases of 24/#2			Tons fresh from cases of 24/#2	Gallons concentrated			Gallons single strength from tons fresh	Pounds concentrated		
	From pounds concentrated	From gallons concentrated a/ <u> </u>	From tons fresh		From cases of 24/#2	From tons fresh	From pounds concentrated				
	1	2	3	4	5	6	7	8	9	10	11
Grapefruit	0.0269	0.2963	3.00	0.3333	3.3750	12.85	0.0909	90	37.125	11	.07067
Lemon	0.0269	0.2963	3.71	0.2695	3.3750	12.50	0.1000	75	33.75	10	.0625
Orange b/ <u> </u>	0.0269	0.2963	3.06	0.3268	3.3750	10.625	0.0909	85	37.125	11	.0584

Commodity	Concentrated to single strength		Single strength to concentrated		Ratio of single strength to concentrated	
	1	2	1	2	3	
Grapefruit	7.0			0.1429		7-1
Lemon	6.0			0.1667		6-1
Orange b/	7.0			0.1429		7-1

a/ Capacity of #2 can is 1 pint 2 ounces, NCA.

b/ 4 ounces container concentrated orange juice = 6.4 ounces per can average weight. Fruit and Vegetable Branch.

Container weights of canned fruit pulp a/

(In pounds)

Commodity	Case 6/10	Barrel	50-gal. barrel
	1	2	3
Apple (sliced, pie pack).....	36.00		
Apricots (pie pack).....	39.75		
Cherries, R.S.P. (water pack).....	<u>b/</u> 38.625		
Peaches (pie pack).....	<u>b/</u> 39.75		
Prunes (water pack).....	<u>b/</u> 39.00		
Strawberries.....		350	
Citrus fruits.....			<u>c/</u> 435
Grapes (pie pack).....	<u>b/</u> 39.75		

a/ N.C.A. "Label Weights for Canned Foods" 1941.b/ Fruit and Vegetable Branch - April 23, 1943.c/ Orange marmalade pulp or orange and grapefruit pulp and peel.

Conversion factors for frozen fruit

Commodity	Loss factor in percent fresh to frozen <u>a/</u>	Fresh to frozen	Frozen to fresh	Fruit to sugar ratio <u>b/</u>
	1	2	3	4
Apples, Northwestern.....	57	.50	1.95	5:1
Apples, Eastern.....	48.5	.60	1.65	5:1
Apricots.....	23	1.00	1.00	3:1
Blackberries.....	5	.95	1.05	None
Cherries, sour pitted.....	28.5	.91	1.10	4:1
Cherries, sweet.....	16	1.00	1.00	4:1
Currants.....	4	.96	1.04	None
Gooseberries.....	8	.91	1.10	None
Grapes.....	15	.83	1.20	None
Huckleberries.....	11	.89	1.12	None
Peaches.....	28	1.00	1.00	3:1
Pineapple.....	50	.625	1.60	4:1
Prunes, with pits.....	<u>c/</u> 4	1.30	.75	None
Prunes, without pits.....	15	1.20	.85	None
Strawberries, with stem.....	12	1.20	.85	3:1
Strawberries, hulled.....	5	1.30	.75	3:1
Youngberries & dewberries.....	5	.95	1.05	None

a/ Processed Foods Branch, FDA.

b/ Amount of sugar permitted under OPA rationing Order No. 3 as of May 1943 (subject to revision). Maximum amount of sugar allowed is usually used by processors according to Secretary of Frozen Fruit Packers Association.

c/ Most frozen are with pits.

Conversion factors for dried fruits

Commodity	Dehydrated to farm weight	Farm weight to dehydrated	Percent moisture content of dehydrated product	Average percent peeling and trimming loss	Percent yield from unprepared product	Ratio of yield to unprepared product
	1	2	3	4	5	6
Apples	8.00	.125	12.5	30	12.5	1 - 8
Apricots	5.88	.17	17.5	8	17.0	1 - 6
Bananas	6.45	.155	17.5	45.5	15.5	1 - 7
Cherries (unpitted)	3.70	.27	17.5	2	27.0	1 - 4
Cherries (sweet, pitted)	4.76	.21	17.5	20	21.0	1 - 5
Cranberries	8.33	.12	7.5	0	12.0	1 - 8
Figs	3.92	.255	17.5	0	25.5	1 - 4
Grapes	4.17	.24	17.5	15	24.0	1 - 4
Loganberries	6.06	.165	12.5	0	16.5	1 - 6
Peaches	6.06	.165	17.5	12.5	16.5	1 - 6
Pears	6.90	.145	12.5	22.5	14.5	1 - 7
Prunes	2.82	.355	17.5	0	35.5	1 - 3
Raspberries, black	5.56	.18	12.5	0	18.0	1 - 6
Rhubarb	22.22	.045	7.5	42.5	4.5	1 - 22

Wheat content and conversion factors for wheat and wheat products
(1 bushel of wheat = 60 pounds)

Commodity	Unit	Pounds of wheat per unit	Bushels of wheat per unit
	1	2	3
Wheat, whole grain or cracked	Pound	1	.017
	Bushel	60	1.
	Long ton	2240	37.333
	Short ton	2000	33.333
White flour	Pound	1.408	.023
	50-lb.	70.40	1.174
	Barrel <u>a/</u>	276	<u>b/</u> 4.6
	Long ton	3154	52.57
	Short ton	2816	46.93
Whole wheat flour or meal <u>c/</u>	Pound	1.102	.018
	50-lb.	55.10	.918
	Barrel <u>a/</u>	216	3.6
	Long ton	2468	41.149
	Short ton	2204	36.71
Breakfast cereals <u>c/</u> :			
Ready-to-serve and uncooked wheat cereals - Average	Pound	1.176	.020
	Long ton	2635	43.92
	Short ton	2353	39.22
Ready-to-serve wheat cereals - Average	Pound	1.053	.018
	Long ton	2358	39.30
	Short ton	2105	35.09
	<u>d/</u> 40% lb.	.421	.007
	<u>e/</u> 60% lb.	.632	.011
Specific ready-to-serve wheat cereals:			
Shredded wheat	Pound	1.020	.017
Flakes or puffed	Pound	1.111	.019
Wheaties	Pound	1.034	.017
Uncooked cereals:			
Wheat meal <u>f/</u>	Pound	1.758	.029
	Long ton	3938	65.632
	Short ton	3516	58.6
Cream of wheat	Pound	1.818	.030
Whole wheat meal	Same as whole wheat flour		
Macaroni, spaghetti, etc. <u>g/</u>	Pound	1.724	.029
	50-lb.	86.21	1.437
	Long ton	3862	64.37
	Short ton	3448	57.47
Canned spaghetti and meat balls <u>h/</u>	Pound	.125	.002
	45-lb. case	5.625	.094
	30-lb. case	3.75	.062
	Long ton	280	4.667
	Short ton	250	4.16
Semolina <u>g/</u>	Pound	1.667	.028
	Long ton	3733	62.222
	Short ton	3333	55.556

Wheat content and conversion factors for wheat and wheat products - continued
(1 bushel of wheat = 60 pounds)

Commodity	Unit	Pounds of wheat per unit	Bushels of wheat per unit
	1	2	3
Protein cereal concentrate (for Lend-Lease) <u>i/</u>	Pound	.28	.005
	Long ton	627	10.45
	Short ton	560	9.33
Crackers, biscuits, etc. <u>h/</u> :			
Hardtack	Pound	1.295	.022
	7-oz.	.567	.009
	50-lb.	64.77	1.080
	Long ton	2902	48.362
	Short ton	2591	43.18
Whole wheat crackers	Pound	.760	.013
	50-lb.	38.019	.634
	Long ton	1703	28.392
	Short ton	1521	25.35
Soda crackers <u>j/</u>	Pound	1.197	.020
	Long ton	2681	44.688
	Short ton	2394	39.9
Graham crackers <u>j/</u>	Pound	.692	.012
Type C biscuit (or C square)	Pound	1.012	.017
	50-lb.	50.597	.844
	Long ton	2267	37.789
	Short ton	2024	33.74
Type K-1 biscuit	Pound	.372	.006
	50-lb.	18.580	.310
	Long ton	832	13.866
	Short ton	743	12.38
Type K-2 biscuit	Pound	.573	.010
	50-lb.	28.652	.478
	Long ton	1284	21.392
	Short ton	1146	19.1
Bread <u>j/</u>	Pound	.873	.015
Army field rations <u>k/</u> :			
K	1000 rations	287	4.8
C	" "	475	7.9
Mountain	" "	470	7.8
Jungle	" "	387	6.5
5 in 1	" "	501	8.4
Desert	" "	287	4.8

a/ One barrel of flour = 196 pounds.

b/ Agricultural Statistics, 1942.

c/ BAE.

d/ Army assorted cereals: 40% wheat, 40% oats, and 20% corn.

e/ Navy ready-to-eat cereals: 60% wheat, 20% corn, and 20% rice.

Wheat content and conversion factors for wheat and wheat products - continued

f/ Use this factor for uncooked wheat cereals, Army or Navy unless otherwise specified.

g/ BAE.

h/ Computed from Army specifications.

i/ Specification requires 56% rolled oats or whole wheat. Use about equal quantities of each.

j/ Food and Drug Administration.

k/ Computed from components of Army rations, as submitted by the Army, and Army specifications.

Flour content of wheat products
(Pounds flour per 100 pounds product)

Commodity	Whole wheat flour	White flour
	1	2
Hardtack	-	92
Whole wheat crackers	69	-
Soda crackers	-	85
Graham crackers	13	39
Type C biscuit (C square)	19	57
Type K-1 biscuit	12	17
Type K-2 biscuit	-	52
Bread		
White	-	62
Whole wheat	61	-
Raisin	-	52

Yield of wheat products

Commodity	Pounds yield per bushel	Percent yield
	1	2
White flour	42.6	71
Whole wheat flour or meal	54.4	91
Breakfast cereals:		
Ready-to-serve and uncooked wheat cereals	51	85
Ready-to-serve wheat cereals	57	95
Shredded wheat	58.8	98
Flakes or puffed	54	90
Wheaties	58	96.7
Uncooked cereals:		
Wheat meal	34.1	56.9
Cream of wheat	33	55
Macaroni, spaghetti, etc.	34.8	58
Semolina	36.0	60

Rye content and conversion factors for rye and rye products
(1 bushel of rye = 56 pounds)

Commodity	Unit	Pounds of rye per unit	Bushels of rye per unit
	1	2	3
Rye, unprocessed	Pound	1	.0178571
	Bushel	56	1
	Long ton	2240	40
	Short ton	2000	35.714
Cracked rye (for USSR) <u>a/</u> (Use this for rye flour for USSR)	Pound	1.057143	.0188776
	Barrel <u>b/</u>	207.2	3.7
	Long ton	2368	42.286
	Short ton	2114	37.755
Rye flour <u>c/</u>	Pound	1.714286	.0306122
	Barrel <u>b/</u>	336	6
	Long ton	3840	68.571
	Short ton	3429	61.224

a/ Yield: 53 pounds per bushel or 94.6 percent.

b/ One barrel = 196 pounds.

c/ Yield: 32.7 pounds per bushel or 58.3 percent.

Corn content and conversion factors for corn and corn products a/
 (1 bushel of corn = 56 pounds)

Commodity	Unit	Pounds of corn per unit	Bushels of corn per unit
	1	2	3
Corn, unprocessed	Pound	1	.0178571
	Bushel	56	1.
	Long ton	2240	40
	Short ton	2000	35.714
Cornmeal	Pound	1.57143	.0280612
	50-lb.	78.5714	1.40306
	Barrel b/	308	5.5
	Long ton	3520	62.857
	Short ton	3143	56.122
Hominy and hominy grits	Pound	1.866667	.0333333
	Long ton	4181	74.667
	Short ton	3733	66.667
Breakfast cereals - all ready-to-serve	Pound	1.866667	.0333333
	Long ton	4181	74.667
	Short ton	3733	66.667
	Lb. (20%) c/	.373333	.0066667
Corn flakes	Pound	2.604651	.0465116
	Long ton	5834	104.186
	Short ton	5209	93.023
Cornstarch	Pound	1.623188	.0289855
	40-lb.	64.928	1.1594
	Long ton	3636	64.928
	Short ton	3246	57.971
Pearl starch (rougher grade) d/	Pound	1.590909	.0284091
	Long ton	3564	63.636
	Short ton	3182	56.818
Corn sugar - Average	Pound	1.86667	.033333
	Long ton	4181	74.666
	Short ton	3733	66.667
Dextrose (8% moisture)	Pound	2.03636	.036364
	Long ton	4561	81.455
	Short ton	4073	72.728
Glucose, anhydrate (Lend-Lease)	Pound	2.213439	.0395257
	Long ton	4958	88.538
	Short ton	4427	79.051
Glucose, monohydrate (Lend-Lease)	Pound	2.036364	.036364
	Long ton	4561	81.454
	Short ton	4073	72.728

Corn content and conversion factors for corn and corn products a/ - continued
(1 bushel of corn = 56 pounds)

Commodity	Unit	Pounds of corn per unit	Bushels of corn per unit
	1	2	3
Glucose (corn syrup with 42% moisture).....	Pound	1.375921	.0245700
	#10 can <u>e/</u>	11.833	.2113022
	6/#10 cans <u>f/</u>	71	1.2678
	Gallon <u>g/</u>	15.823	.2825553
	Long ton	3082	55.037
	Short ton	2752	49.140

- a/ All factors computed from yields per bushel given by BAE.
b/ One barrel of cornmeal = 196 pounds
c/ Army and Navy assorted cereals are 20 percent corn cereals.
d/ Use this factor for laundry starch.
e/ #10 can = 8.6 pounds.
f/ 6/#10 cans = 51.6 pounds.
g/ Gallon = 11.5 pounds.

Yield of corn products

Commodity	Pounds yield per bushel	Percent yield
	1	2
Cornmeal	35.6	63.6
Hominy and hominy grits	30	53.6
Ready-to serve breakfast cereals:		
Average	30	53.6
Corn flakes	21.5	38.4
Corn starch	34.5	61.6
Pearl starch (rougher grade)	35.2	62.9
Corn sugar - Average	30.0	53.6
Dextrose, 8% moisture	27.5	49.1
Glucose, anhydrate (Lend-Lease)	25.3	45.2
Glucose, monohydrate (Lend-Lease)	27.5	49.1
Glucose (corn syrup with 42% moisture)	40.7	72.7

Oat content and conversion factors for oats and oat products
(1 bushel of oats = 32 pounds)

Commodity	Unit	Pounds of oats per unit	Bushels of oats per unit
	1	2	3
Oats, unprocessed	Pound	1	.03125
	Bushel	32	1
	Long ton	2240	70
	Short ton	2000	62.50
Rolled oats <u>a/</u>	Pound	1.7778	.055556
	Barrel <u>b/</u>	348.44	10.8889
	Long ton	3982	124.44
	Short ton	3556	111.11
	Lb. (40%) <u>c/</u>	.711112	.022222
K-1 biscuit <u>d/</u>	Pound	.206	.006444
	Long ton	461	14.44
	Short ton	412	12.89
Protein cereal concentrate (Lend Lease) <u>e/</u>	Pound	.49778	.011062
	Long ton	1115	24.78
	Short ton	996	22.12
Army rations:			
K	1000 rations	77	2.4
Mountain	" "	130	4.1
Jungle	" "	35	1.1
5 in 1	" "	90	2.8
Desert	" "	77	2.4

a/ Yield: 18 pounds per bushel or 56.3 percent.

b/ One barrel rolled oats = 196 pounds.

c/ Army assorted cereals are 40 percent oat cereals.

d/ 11.6 percent oatmeal.

e/ Formula calls for 56 percent rolled oats or whole wheat. Approximately equal quantities of each are used.

Barley content and conversion factors for barley and barley products
(1 bushel of barley = 48 pounds)

Commodity	Unit	Pounds of barley per unit	Bushels of barley per unit
	1	2	3
Barley, unprocessed	Pound	1	.0208333
	Bushel	48	1
	Long ton	2240	46.667
	Short ton	2000	41.667
Barley flour	Pound	2.20408	.0459184
	Barrel <u>a/</u>	432	9
	Long ton	4937	102.857
	Short ton	4408	91.837
Malt	Pound	1.28342	.0267380
	Bushel <u>b/</u>	43.636	.9090909
	Long ton	2875	59.89
	Short ton	2567	53.48
Barley cereal ("Pot" barley)	Pound	1.28205	.0267094
	Long ton	2872	59.829
	Short ton	2564	53.419
Pearl barley	Pound	2.85714	.0595238
	Long ton	6400	133.333
	Short ton	5714	119.048
Army rations:			
C	1000 rations	14.5	.30
Mountain	" "	109.5	2.28
Jungle	" "	10.7	.22
5 in 1	" "	12.4	.26

a/ One barrel of flour = 196 pounds.

b/ One bushel of malt = 34 pounds.

Yield of barley products

Commodity	Pounds yield per bushel	Percent yield
	1	2
Barley flour	21.8	45.4
Malt <u>a/</u>	37.4	77.9
Barley cereal ("Pot" barley)	37.4	78
Pearl barley	16.8	35

a/ One bushel of barley yields 1.1 bushels malt.
One bushel malt = 34 pounds.

Conversion factors for rice and rice products
(1 bushel of rice = 45 pounds)

Commodity	Unit	Pounds of milled rice per unit	Pounds of rough rice per unit	Bushels of rough rice per unit
	1	2	3	4
Rice, rough	Pound <u>a/</u>	.6358025	1.00	.0222222
	Bushel	28.611	45.00	1.0
	Bag or pocket	63.580	100.00	2.22222
	Barrel	103	162.00	3.6
	Short ton	1272	2000	44.444
	Long ton	1424	2240	49.778
Rice, milled	Pound	1.0	1.572816	.0349515
	Bag or pocket	100.0	157.2816	3.49515
	Short ton	2000	3146	69.903
	Long ton	2240	3523	78.291
Rice, brown <u>b/</u>	Pound	.7923077	1.24615	.0276923
	Short ton	1585	2492	55.385
	Long ton	1775	2791	62.031
Rice flakes <u>c/</u>	Pound	.97087	1.527005	.0339335
	Short ton	1942	3054	67.867
	Long ton	2175	3420	76.011
	<u>d/</u> Pound (20%)	.1942	.3054	.0067867
Puffed rice (same as milled)				
Rice starch <u>e/</u>	Pound	1.33	2.097088	.0465903
	Short ton	2667	4194	93.18
	Long ton	2987	4697	104.36
Army rations:				
Mountain	1,000 rations	41.7	65.6	1.46
5 in 1	1,000 rations	62.5	98.3	2.18

a/ One pound rough rice = .8086 pound brown rice.

b/ Yield: about 130 pounds brown rice per barrel (162 pounds) rough rice or 80 percent.

c/ Bureau of Agricultural Chemistry and Engineering. Rice flakes are made from milled rice with about 3 percent cellulose from hulls added. Yield: 103 pounds rice flakes per 100 pounds milled rice.

d/ Navy assorted cereals are 20 percent rice.

e/ Yield: 75 pounds per 100 pounds milled rice.

Conversion and waste factors for nuts

Commodity	Conversion factors		Waste factors	
	Shelled to unshelled	Unshelled to shelled	Retail weight to farmers stock	Farmers stock to retail weight
	1	2	3	4
Tree nuts:	2.5 avg.			
Almonds:				
Imported	3.333	.300	1.031	.97
California	2.22	.450	-	-
Filberts	2.22	.450	1.031	.97
Pecans	2.50	.400	1.031	.97
Walnuts:				
English	2.38	.420	1.031	.97
Black	8.33	.120	-	-
Brazil	2.00	.500	-	-
Cashew	4.55	.220	-	-
Chestnuts	1.2	.833	-	-
Pistachio	2.0	.500	-	-
Pignolias	1.3	.769	-	-

Source: Division of Historical and Statistical Research, BAE.

Sugar content and conversion factors for sugar
and products containing sugar

Item	Unit	Weight of unit in pounds	Pounds of refined sugar per unit	Pounds of raw sugar per unit <u>a/</u>	Pounds of corn sugar per unit
	1	2	3	4	5
Cane and beet sugar <u>b/</u> :					
Granulated, lump, brown, confectioners!	Pound	1	1	1.07	
	Long ton	2240	2240	2396.8	
Lump sugar	4-oz. pkg.	.25	.25	.2675	
	8-oz. pkg.	.50	.50	.535	
Powdered sugar	Pound	1	.97	1.038	
Invert sugar	Pound	1	.80	8.56	
Products containing sugar:					
Jellies, jams <u>c/</u>	Pound	1	.6111	.6539	
	4-oz. can	.25	.1528	.1635	
	#2 can	1.5	.9167	.9808	
	#10 can	8.25	5.0416	5.3945	
	6/#10 cans	49.5	30.2495	32.3670	
	12/#10 cans	99	60.4989	64.7338	
	Long ton	2240	1369	1465	
Marmalade <u>c/</u>	Pound	1	.6633	.7097	
	4-oz. can	.25	.1658	.1774	
	#2 can	1.5	.9950	1.0646	
	#10 can	8	5.3064	5.6778	
	6/#10 cans	48	31.8384	34.0671	
	Long ton	2240	1486	1590	
Apple butter <u>c/</u>	Pound	1	.3174	.3396	
	#2 can	1.4375	.4563	.4881	
	#10 can	7.5	2.3805	2.5471	
	6/#10 cans	45	14.2830	15.2828	
	Long ton	2240	711	761	
Dehydrated fruit spread <u>d/</u>	Pound	1	.5361	.5736	
	Long ton	2240	1201	1285	
Fountain syrup (fruit squashes) <u>e/</u>	Pound	1	.55	.5885	
	Long ton	2240	1232	1318	
Canned fruits and juices <u>f/</u> :					
Citrus	24/#2½ cans	45	1.6	1.7	
Non-citrus	24/#2½ cans	45	5.6	6.0	
Canned vegetables <u>g/</u>	24/#2 cans	30	.69	.74	

Sugar content and conversion factors for sugar
and products containing sugar -- continued

Item	Unit	Weight of unit in pounds	Pounds of refined sugar per unit	Pounds of raw sugar per unit a/	Pounds of corn sugar per unit
	1	2	3	4	5
Products containing sugar (Continued):					
Mincemeat <u>h/</u> :					
Type A (max. 17.5% moisture).....	Pound	1	.30	.321	.04
Type B (max. 30% moisture).....	Pound	1	.22	.2354	.03
Type C ("Fancy").....	Pound	1	.18	.1926	
Ice cream <u>i/</u>	Pound	1	.13	.1391	
	Quart	1.175	.15275	.16344	
	Gallon	4.7	.611	.6538	
Ice cream mix, dry <u>i/</u>	Pound	1	.3394	.3632	
	Long ton	2240	760	814	
Sweetened condensed milk.....	Pound	1	.4231	.4527	
	24/14-oz. cns	42	17.7702	19.0141	
	Long ton	2240	948	1014	
Hard candy <u>d/</u>	Pound	1	.60	.642	.15
	Long ton	2240	1344	1438	336
Candy in field ration C <u>d/</u>	Pound	1	.56	.5992	.15
	Long ton	2240	1254	1342	336
Chewing gum <u>k/</u>	Pound	1	.75	.8025	
	1000 sticks at 3 gr. each	6.6139	4.9604	5.3076	
Chocolate D bar <u>d/</u>	Pound	1	.364	.3895	
	4-oz. pkg.	.25	.091	.0974	
	Long ton	2240	815	872	
Chocolate, slab for U.K.	Pound	1	.20	.214	
	Long ton	2240	448	479	
FDA cocoa, sweetened	Pound	1	.60	.642	
	Long ton	2240	1344	1438	
FDA instant cocoa	Pound	1	.325	.3478	
	12-oz. box	.75	.2438	.2609	
	Long ton	2240	728	779	
Cocoa beverage component of Army rations <u>d/</u>	Pound	1	.55	.5885	

Sugar content and conversion factors for sugar
and products containing sugar - continued

Item	Unit	Weight of unit in pounds	Pounds of refined sugar per unit	Pounds of raw sugar per unit a/	Pounds of corn sugar per unit
	1	2	3	4	5
Products containing sugar (continued):					
Dessert powder, gelatine <u>h</u> /.....	Pound	1	.85	.9095	
	Long ton	2240	1904	2037	
Dessert powder, starch <u>h</u> /.....	Pound	1	.75	.8025	
	Long ton	2240	1680	1798	
Crackers, whole wheat <u>d</u> /.....	Pound	1	.12	.1284	
	Long ton	2240	269	288	
Square biscuit, type C <u>d</u> /.....	Pound	1	.0725	.0776	
	7-oz. pkg.	.4375	.03172	.03395	
	Long ton	2240	162	174	
Biscuit, type K-1 <u>d</u> /.....	Pound	1	.04	.0428	
	7-oz. pkg.	.4375	.0175	.01873	
	Long ton	2240	89.6	95.87	
Biscuit, type K-2 <u>d</u> /.....	Pound	1	.086	.092	
	7-oz. pkg.	.4375	.03763	.04026	
	Long ton	2240	193	206	
Malted milk dextrose tablets, type I <u>d</u> /.....	Pound	1	-	-	.807
	14-oz.	.875	-	-	.7061
	3-oz.	.1875	-	-	.1513
	Long ton	2240	-	-	1808
Dextrose tablets (flavored) type II <u>d</u> /.....	Pound	1	-	-	.960
	14-oz.	.875	-	-	.840
	3-oz.	.1875	-	-	.180
	Long ton	2240	-	-	2150
Lemon juice powder, synthetic <u>d</u> /.....	Pound	1	-	-	.40
	Long ton	2240	-	-	896
Army rations <u>l</u> / K	1000 rations	-	158.5	170	115
C	" "	-	246.8	265	23
D	" "	-	273.0	292	-
Mountain	" "	-	522.3	560	13
Jungle	" "	-	242.1	260	26
5 in 1	" "	-	324.1	348	16
Bail-out	" "	-	96	103	217
Desert	" "	-	219.4	235	109

Sugar content and conversion factors for sugar
and products containing sugar - continued

- a/ Refined sugar x 1.07. This is cane or beet sugar.
- b/ Bureau of Agricultural Chemistry.
- c/ Computed from Federal specifications. It is permissible to substitute corn sugars as follows: If dextrose is used, may substitute up to 20 percent of sweetening ingredient solids; if corn syrup is used, may substitute up to 25 percent of sweetening ingredient solids.
- d/ Computed from Army specifications.
- e/ Sugar Division, FDA.
- f/ Computed on the basis of OPA allotments of sugar to canners for 1943 pack. Applies to all fruits except figs and pineapples.
- g/ Computed on the basis of OPA allotments for 1943 pack. Applies to beets, carrots, corn, peas, carrots and peas (mixed vegetables), succotash, and baked beans only.
- h/ Computed from Federal specifications.
- i/ Percent of sugar in Federal specifications is 15 percent or more; however. 13 percent is a closer approximation of actual practice at present time. Bureau of Dairy Industry, November 9, 1942.
- j/ 1.8 pound ice cream mix makes 1 gallon ice cream by adding water.
- k/ Food and Drug Administration.
- l/ Computed from components of Army rations as submitted by the War Department.

Syrup and solids content of syrups a/
(Minimum standards for syrups purchased by the U.S. Government)

Type of syrup	Unit	Pounds syrup content			
		Total 1	Cane 2	Corn 3	Maple 4
I and II, cane	Pound	1.00	1.00	-	-
	#10 can	8.4375	8.4375	-	-
	6/#10 cans	50.6025	50.6025	-	-
	Gallon	11.25	11.25	-	-
III corn and refiners	Pound	1.00	.15	.85	-
	#10 can	8.5625	1.2844	7.2781	-
	6/#10 cans	51.375	7.7063	43.6687	-
	Gallon	11.5	1.725	9.775	-
IV maple	Pound	1.00	-	-	1.00
	Gallon	11.00	-	-	11.00
V sugar and maple	Pound	1.00	.75	-	.25

Type of syrup	Unit	Pounds minimum solids content required <u>b/</u>			
		Total 1	Cane 2	Corn 3	Maple 4
I and II, cane	Pound	.70	.70	-	-
	#10 can	5.9063	5.9063	-	-
	6/#10 cans	35.4218	35.4218	-	-
	Gallon	7.875	7.875	-	-
III corn and refiners	Pound	.74	.11	.63	-
	#10 can	6.3363	.9419	5.3944	-
	6/#10 cans	38.0175	5.6513	32.3662	-
	Gallon	8.510	1.2650	7.245	-
IV maple	Pound	.65	-	-	.65
	Gallon	7.15	-	-	7.15
V sugar and maple	Pound	.65	.4875	-	.1625

a/ Federal Specification JJJ-S-351a.

b/ Includes sugar and non-sugar solids.

Average weight of syrups a/

Type of syrup	Pounds per gallon
Corn	11.50
Honey	12.00
Maple	11.00
Molasses (edible)	11.75
Sorgo	11.40
Sugarcane	11.25

a/ Agricultural Statistics, 1942.

Conversion factors for coffee and coffee products

Product	Description	From pounds of product to pounds of green beans
Coffee, roasted		1.1905
Coffee extract or soluble coffee:		
I	The dry, powdered, water-soluble solids of roasted and ground coffee, with no other ingredients added <u>a/</u>	5.4113
II	Same as above, except with carbohydrates added to seal the flavor. Usual proportions are 50 percent coffee extract and 50 percent carbohydrates <u>a/</u> . Most commercial soluble coffees (such as Nescafe) are of this type.	2.7056
Coffee in Army field rations	See Army specifications	Pounds of green coffee per thousand rations
K		59.6
C		67.6
D		-
Mountain		67.6
Jungle		67.6
5 in 1		90.2
Bail-out		-
Desert		67.6

a/ Army specifications.

Black tea component of Army field rations
(Pounds per 1,000 rations)

Mountain	7.81
5-in-1	2.92

Conversion factors for cocoa and cocoa products a/

Product	Description	From pounds of product to pounds of green beans
Cocoa:		
Breakfast	78 percent cocoa, 22 percent cocoa fat <u>b/</u>	2.08333
Soluble	18 percent Dutch process cocoa, of which fat content is 20 percent <u>c/</u>375
Cocoa butter	Technically a by-product of the manufacture of cocoa powder	3.125
Chocolate:		
Liquor	Unsweetened commercial chocolate	1.250
Sweetened chocolate	Formulae vary, but the most usual type is about 50 percent chocolate liquor and 50 percent sugar625
Chocolate D bar	36.3 percent chocolate adjusted to 54 percent cocoa fat, 63.7 percent other ingredients including 4.55 percent pure cocoa butter. <u>d/</u>59594
Cocoa products in Army field rations	See Army specifications	Pounds of cocoa beans per thousand rations
K		80.7
C		35.2
D		447.0
Mountain		149.0
Jungle		17.6
5 in 1		31.2
Bail-out		161.5
Desert		190.4

a/ In processing, cocoa beans are roasted and shelled, with a resultant loss in weight of 20 percent. The 80 percent remaining is chocolate liquor, which may be further processed to yield approximately 60 percent cocoa powder and 40 percent cocoa butter. Thus, in the average:

100 pounds cocoa beans = (80 pounds chocolate liquor = (48 pounds cocoa powder
 (32 pounds cocoa butter
 (20 pounds waste

b/ Army, Navy, and Federal specifications.

c/ Army specifications, adapted from best commercial practice.

d/ Army specifications.

Conversion factors for vitamins

Item	Unit	Vitamin A (Million USP units)	Ascorbic acid (Pounds)	Riboflavin (Pounds)	Niacin (Pounds)	Thiamine (Pounds)	Vitamin D (Million USP units)
	1	2	3	4	5	6	7
Multivitamin tablets:							
Army a/	Thousand tablets	2.75	.09921	.00364	.02425	.00243	.220
United Kingdom b/	Thousand tablets	-	.05512	.002205	.02205	.002205	-
Poland b/	Thousand tablets	2.50	.05512	.002205	.02205	.002205	-
Food enrichment:							
Oleomargarine	Thousand pounds	10.0	-	-	-	-	-
Flour:							
Army a/	Thousand pounds	-	-	.002646	.05291	.00551	-
Civilian	Thousand pounds	-	-	.002646	.03527	.004409	-
Lemon juice powder, synthetic a/	Thousand pounds	-	7.78	-	-	-	-
Chocolate D bar a/	Thousand pounds	-	-	-	-	.003968	-
Army field rations a/:							
K	Thousand rations	-	.12005	-	-	.000496	-
C	Thousand rations	-	.12005	-	-	-	-
D	Thousand rations	-	-	-	-	.002976	-
5 in 1	Thousand rations	-	.04053	-	-	-	-
Jungle	Thousand rations	-	.24313	-	-	-	-
Mountain	Thousand rations	-	-	-	-	-	-
Desert	Thousand rations	-	-	-	-	-	-
Combat lunch	Thousand rations	-	.36473	-	-	-	-

a/ Submitted by Army.

b/ Special Commodities Branch, FDA. These formulae were used in the fiscal year 1942-43, but do not necessarily apply to future requirements. Amount per tablets as follows: 1 mg. thiamine hydrochloride, 1 mg. riboflavin, 10 mg. niacin, 25 mg. ascorbic acid; and, for Poland only, 2,500 USP units vitamin A.

Commodity	Wholesale or farm weight specification	Factor applied to wholesale or farm weight to obtain:	
		Retail weights for evaluating nutrients	Uncooked edible weights
	1	2	3
Dairy products:			
Fluid milk	Farm weight	97.5	97.5
Cream	Farm weight	97.5	97.5
Meats:			
Beef	Dressed weight	78.7	70.8
Veal	Dressed weight	91.3	75.8
Lamb and mutton	Dressed weight	89.4	67.9
Pork (excluding lard)	Primal cut weight	a/ 95.1	b/ 81.3
Fish:			
Fresh fish	Round weight	60.0	54.0
Fresh shellfish	Round weight	c/ 41.0	41.0
Frozen (not packaged)	Reported weight	70.0	63.0
Frozen (packaged)	Reported weight	150.0	100.0
Frozen shellfish (packaged)	Reported weight	100.0	100.0
Cured fish	Reported weight	100.0	100.0
Canned fish	Reported weight	100.0	100.0
Poultry:			
Chickens	Dressed weight	100.0	a/ 75.6
Turkeys	Dressed weight	100.0	b/ 75.8
Eggs	Farm weight	95.0	84.6
Dry beans and peas	Farm cleaned weight	99.0	99.0
Fats and oils:			
Lard	Fat content	100.0	100.0
Margarine	Fat content	125.0	125.0
Compounds and vegetable cooking fats	Fat content	100.0	100.0
Fresh vegetables:			
Potatoes	Farm weight	92.5	77.7
Sweet potatoes	Farm weight	80.0	60.8
Tomatoes	Farm weight	70.0	68.6
Leafy, green, and yellow:			
Asparagus	Farm weight	95.0	71.2
Green lima beans	Farm weight	95.0	32.0
Green snap beans	Farm weight	85.0	76.5
Cabbage	Farm weight	75.0	54.8
Carrots	Farm weight (with tops)	85.0	53.6
Kale	Farm weight	77.0	46.3
Lettuce	Farm weight	70.0	48.3
Peas	Farm weight	95.0	47.5

Conversion factors for retail and edible weights of specified foodstuffs
from wholesale or farm weights (in percent) - continued

Commodity	Wholesale or farm weight specification	Factor applied to wholesale or farm weight to obtain:	
		Retail weights for evaluating nutrients	Uncooked edible weights
	1	2	3
Fresh vegetables - continued:			
Leafy, green, and yellow - continued:			
Peppers.....	Farm weight	94.0	77.1
Spinach.....	Farm weight	75.0	61.5
Pumpkin.....	Farm weight	95.0	65.6
Squash.....	Farm weight	95.0	75.0
Other:			
Artichokes.....	Farm weight	95.0	45.6
Beets.....	Farm weight (with tops)	92.0	48.8
Cauliflower.....	Farm weight	70.0	39.9
Celery.....	Farm weight	75.0	47.2
Sweet corn.....	Farm weight (with husks)	80.0	30.4
Cucumbers.....	Farm weight	95.0	66.5
Garlic.....	Farm weight	92.0	84.6
Onions.....	Farm weight	80.0	75.2
Shallots.....	Farm weight	80.0	80.0
Eggplant.....	Farm weight	95.0	82.6
Canned vegetables.....	Canned weight	100.0	100.0
Frozen vegetables.....	Frozen weight	100.0	100.0
Fresh fruits:			
Citrus:			
Oranges.....	Farm weight	87.0	62.6
Grapefruit.....	Farm weight	87.0	57.4
Lemons.....	Farm weight	90.0	55.8
Limes.....	Farm weight	90.0	63.4
Other:			
Apples.....	Farm weight	80.0	70.4
Apricots.....	Farm weight	92.0	86.5
Avocados.....	Farm weight	80.0	e/
Bananas.....	Farm weight	90.0	60.3
Cherries.....	Farm weight	85.0	79.9
Cranberries.....	Farm weight	95.0	95.0
Figs.....	Farm weight	33.3	33.3
Grapes.....	Farm weight		
	(American type)	90.0	70.2
Peaches.....	Farm weight	80.0	70.4
Pears.....	Farm weight	80.0	66.4
Pineapples.....	Farm weight	90.0	47.7
Plums.....	Farm weight	80.0	68.0
Prunes.....	Farm weight	80.0	75.2
Strawberries.....	Farm weight	70.0	67.2
Watermelons.....	Farm weight	80.0	36.8
Cantaloups.....	Farm weight	80.0	37.6

Commodity	Wholesale or farm weight specification	Factor applied to wholesale or farm weight to obtain:	
		Retail weights for evaluating nutrients	Uncooked edible weights
	1	2	3
Frozen fruits	Frozen weight	100.0	100.0
Canned fruits and juices	Canned weight	100.0	f/ 100.0
Dried fruits	Processed weight	100.0	100.0
Grain products:			
Wheat products:			
White flour	Farm weight of wheat	71.0	71.0
Whole wheat flour or meal	Farm weight of wheat	91.0	91.0
Wheat cereals	Farm weight of wheat	85.0	85.0
Rice, milled	Wholesale weight	100.0	100.0
Rye flour	Farm weight of rye	58.3	58.3
Corn products:			
Corn meal	Farm weight of corn	63.6	63.6
Hominy grits	Farm weight of corn	53.6	53.6
Cornstarch	Farm weight of corn	61.6	61.6
Corn cereals	Farm weight of corn	53.6	53.6
Corn sugar	Farm weight of corn	53.6	53.6
Glucose (corn syrup with 42 percent moisture)	Farm weight of corn	72.7	72.7
Oat cereal	Farm weight of oats	56.3	56.3
Barley malt, malt extracts used in flavoring break- fast foods	Farm weight of barley	77.9	77.9
Sugar	Refined	100.0	100.0
	Raw	93.0	93.0
Syrups	Refined	100.0	100.0
Beverages:			
Coffee	Green bean basis	84.0	84.0
Tea	Import basis	100.0	100.0
Cocoa	Green bean basis g/	80.0	80.0

- a/ Included in this are lean meat which totals 66.54, and bacon salt sides which totals 28.52 of the primal cut weight.
- b/ Lean meat equals 52.8 percent of the primal cut weight.
- c/ Overall conversion and cannot be applied to any specific variety.
- d/ Eviscerated weight.
- e/ Varies by types, from 55.2 to 70.8
- f/ Canned whole apricots, cherries and plus, 96.0; canned prunes, 85.0
- g/ 100 pounds cocoa beans = 48 pounds cocoa powder and 32 pounds cocoa butter.



